



Essence of the Journey: A Journal for My Experience with Essential Oils

Kimberly Black

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Whether you are just a beginner or well-versed in all the uses of essential oils, this journal is a wonderful way to keep track of effective blends, mindful meditations, and repeatable results. Take a few minutes to record your essential oil experiences, and follow your progress to better health. Track problems, goals, and solutions for encouragement on your journey. This journal has room for thirty entries and includes space for date, oil names, how you used them, and reflections. Perfect for daily use in quiet time, bedtime, and spiritual retreats.

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