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The Modern community was founded to help other women (and men!) like us that loved oils and a crunchy - but modern and hip - lifestyle (fancy hippies, as we like to call ourselves) to come together and actually provide for our families while doing it.

Modern+Co

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Modern Essential Oils — Take Control of Your Health With

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Young Living Essential Oils can be applied directly to the skin - always remembering to check your labels for dilution instructions. Some oils need to be diluted with a carrier oil (coconut oil, grape-seed oil, organic olive oil, V6 oil, etc.) while others can be applied directly on the skin with no dilution (referred to as “neat.”)

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Modern Essentials: A Contemporary Guide to the Therapeutic Use of Essential Oils is perfect for anyone looking to know more about the essential oils and how they can be used in everyday life. Whether you are a beginner or a long-time essential oil user, this book is designed for you. Features of this contemporary guide include the following

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