

Magical Oils

Beatrice Krammer



*Hocus-pocus herbs for me,
healthy and happy
may I be!*

Disclaimer

This book was carefully compiled. Nevertheless, no liability can be accepted by the author for accuracy of statements and recommendations, as well as for possible literal errors. The author doesn't make any health claims. In the event of health complaints or diseases it is absolutely necessary to seek medical advice.

Beatrice Krammer: Magical Oils
Original title: Zauberöle

First edition | December 2018

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ISBN 978-3-200-06069-2

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Preface

Many authors have written about oil applications in children, but always from the point of view of adults. Beatrice Krammer wrote this book in a touching and enchanting way and included stories, crafting tips, as well as instructions for the use of essential oils from the perspective of a child, which is why “Magical Oils” fills a gap in the market. The magician Waldo leads the child through the wondrous world of these treasures of nature.

It is incredibly important for the future generation to grow up with a good sense of health and to learn early on that there are not just pharmaceutical drugs available, but also natural remedies that can support health, fitness, beauty and well-being. That is how we as parents, grandparents, aunts, and uncles, can ensure that this new, growing generation takes responsibility for its own healthy life at an early age.

Beatrice Krammer has therefore created something very important and I recommend this book to anyone who desires to point children from an early age into a healthy direction.

Dr. med. Olivier Wenker, MD, MBA, ABAARM, DEAA
Essential Oil Specialist

The Power

When I started off as a young wizard, I noticed that there is no magic spell as powerful as the force of mother nature. Her children (the plants) possess a lot of power and can cause many positive effects!

I have learned a lot about it and that's how, over time, I became Waldo, the Wise Wizard!

But it is also important that you use this power wisely! If you have got a little brother or a little sister who are not attending school yet, then this power might be too strong for them.

Therefore, NEVER give magical oils to your younger siblings, without talking to an adult about it first!

In case you suffer from allergies und you are uncertain whether your body will be able to handle the magical oils well, I can tell from experience that most people tolerate essential oils really well.



The heart



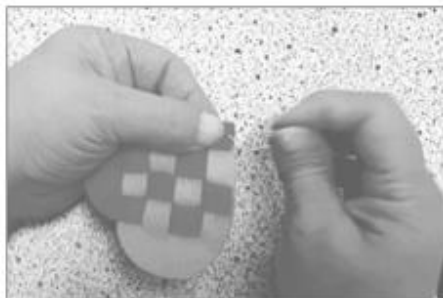
1. Transfer the template 2x onto the felt



2. Cut out and cut in



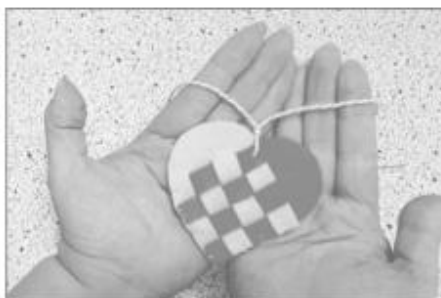
3. Alternating over and under



4. Sew the ends together



5. Carefully make a hole



6. Pull a ribbon through – done

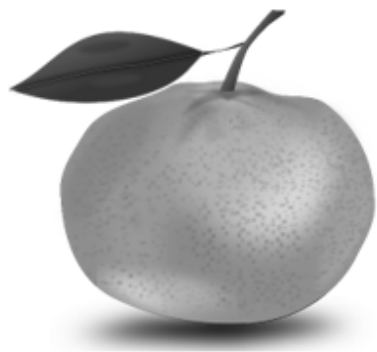
I'm feeling lonely or sad

S Sometimes one feels scared in new situations, feels lonely or is sad. Often one doesn't even know why one feels that way. But there is a fantastic magical oil here to support you in that case. It's the Tangerine. You can put a few drops onto your aroma stone or into your diffuser or even onto your favourite cuddly toy, in order to be able to enjoy that fragrance whenever you want to. You will be surprised. I love this fragrance a lot!

By the way, I'd like to tell you a story I wrote about a little fairy called Tangerine.

Story of the Tangerine fairy

Once upon a time there was a little plant fairy called Tangerine. She lived with her friends in a faraway country in southeast Asia. It was a beautiful, warm home that little Tangerine had, but still she was unhappy. The grapefruit was so overwhelmingly big and had such a beautiful yellow



Quiz cards:

How good do you know your magical oils?

On the following pages you will find quiz cards. Cut them out along the lines. Then, take a ruler and a needle and scrape (not too deeply) along the dots of the broken lines. That way the cards are easier to fold and glue together afterwards. Here we go!

On the front of each card I ask you a question about one or more magical oils – can you answer it? If not, no problem, just turn over the card, there I tell you the right answer and the chapter where you can read about it once more.

Let's see how much you remember from the book. Of course, you can play with your friends and family and you can ask each other ... Which one of you has the deepest knowledge about the magical oils?

Have lots of fun



Which magical oil helps you to stay healthy?

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Which magical oils help you, when you are not in a good mood?

© Book: Magical Oils by Beatrice Kramer



Help for your body's health guard |

Lemon



Today | don't like anybody |

Cedarwood
Lemon
Tangerine



About the author

Since 2007, Beatrice Krammer has been working as a qualified life coach and entrepreneur in the east of Austria. Right where she was born and raised, she is now living with her husband.

To support people, to develop more personal responsibility, well-being and joy in life is a matter of the heart for her - it is her vocation.

She enjoys sharing knowledge and does that mainly online as well as through seminars, lectures and as a speaker at congresses.

Public sites and contact options:

Websites: www.leben-im-licht.at, www.vorbeugenstattheilen.at

Facebook: www.facebook.com/zauberoele
www.facebook.com/vorbeugenstattheilen

Instagram: www.instagram.com/beatricekrammer

YouTube: www.youtube.com/c/beatricekrammer |



Photo: author's personal collection

Aroma expert, book author & qualified life coach

Waldo the Wise Wizard enchantingly and playfully introduces small and big children from age 9 to 99 to the fascinating world of magical oils. Pure natural essential oils are highly effective and help with a lot of aches and pains. Waldo's practical advice, recipes and craft ideas are amazing and make you curious to try them out.

That way, children become familiar with the cautious handling of the versatile essential oils. At the same time they learn to identify their needs and to take their well-being into their own hands.

The oils help quietly and subtly and leave aromas behind which imprint deeply into the children's memories. So, all the way into adulthood children will feel like using these helpers from nature in certain situations and they will know immediately what is good for them in which moment!

Allow Waldo to enchant you with his excitement and universal knowledge about the magical oils – oils which would like to help you, too.

ISBN 9783200060692



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€ 17,60 (A.D.)