



Aromatherapy: Essential Aromatherapy & Oil Guide for Health, Happiness and Stress Relief (Healing, Humidifiers, Herbal, Weight Loss, Pain, Mindfulness)

Ella Stevenson

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Be Happy and Healthy with the Power of Scent!

What is aromatherapy?

Aromatherapy is the practice of healing through your sense of smell! *Aromatherapy: Essential Aromatherapy and Oil Guide for Health, Happiness and Stress Relief* explains the basic premises of this traditional healing modality. You'll discover a broad scope of knowledge - from the history of aromatherapy to its many modern applications!

Why should you try aromatherapy?

This book helps you achieve many health goals with natural essential oils:

- Stress Relief
- Pain Reduction
- Insomnia Prevention
- Better Digestion and Immune Response
- *and even* Skin and Hair Care!

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How does this book help you understand essential oils?

With *Aromatherapy: Essential Aromatherapy and Oil Guide for Health, Happiness and Stress Relief*, you'll

find out about the many properties of oils, including their viscosities, aromas, and sources. Some oils even have antibacterial and antifungal properties!

Why are essential oils better for you than other treatments?

You'll be amazed by these versatile and powerful essences. With aromatherapy, you can improve your health without side effects, prescriptions, and expensive medications. Whether you want to relieve stress or soothe a chronic illness, these incredible potions can help you feel better!

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