



Essential Oils: Essential Oils Guide: Essential Oils Recipes and Aromatherapy for Weight Loss, Physical and Mental Health(essential oils for beginners, essential oil recipes,essential oils for pets)

Gerard Johnson

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Essential oil and aromatherapy have been around for a long time. However, because of their countless benefits for the skin and general health, people find them almost indispensable. If this is your first time to test how essential oils can change your life, then this book can set you off at the right track. From buying guides to the best ways to use essential oils, this book contains everything you need to know. It's filled with in-depth contents about essential oils that you won't need to look for any other source.

Here Is A Brief Preview Of What You'll Learn :

- Aromatherapy and Essential Oil Therapy: The Differences You Need to Know
- How to Find the Right Essential Oils
- Best Essential Oil Recipes for Your Different Needs
- Essential oils for losing weight
- Essential Oils for Mental Health

- Essential Oils for Pain Management
- Essentials Oils for Skin Health
- Essential Oils for Improved Immune System
- Essential Oils for Common Ailments
- Essential Oils for Digestive Health
- Essential Oils for Beautiful Hair
- Essential Oils for Allergies
- Essential Oils for Skin Cancer and Skin Health
- Essential Oils for Pets
- Essential Oils for Massage
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- Best Ways to Use Essential Oils
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Gordon Lipsky:

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