



Essential Oils: The Complete Guide of Natural Remedies and Recipes for Physical and Emotional Health (Aromatherapy, Ailments, Weight Loss, Healing, Oil Blends)

Layla Evans

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Essential Oils: The Complete Guide of Natural Remedies and Recipes for Physical and Emotional Health (Aromatherapy, Ailments, Weight Loss, Healing, Oil Blends)

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Essential Oils: The Complete Guide of Natural Remedies and Recipes for Physical and Emotional Health (Aromatherapy, Ailments, Weight Loss, Healing, Oil Blends) Layla Evans

This book contains proven steps and strategies on the proper preparation and usage of essential oils at home

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This book contains proven steps and strategies on the proper preparation and usage of essential oils at home. Mother Nature has gifted us with the key for physical, mental and emotional wellness. And guess what, it's wrapped in pretty packaging. This elixir lies within the fragrant folds of flower petals, within its graceful stem, and within its buried roots. This secret is the plant's essence, its very soul.

While some may think that essential oils are a new fad, their use dates way back to ancient civilizations from Egypt to Greek to Persia. Though their healing and beautifying powers have been harnessed since antiquity, this brand-new popularity of essential oils is due to the fact that modern research has verified their numerous physical, emotional and psychological benefits. Whereas before, people believed that there are essential oils that can "take away sorrow", now modern research has confirmed that there are essential oils that can help treat depression.

Throughout time, nothing much has changed. The healing potentials of essential oils remained as potent as ever, waiting to be discovered and applied. Through this book you will learn the different uses of essential oils for beauty, weight management, mental health and emotional wellness.

Here Is A Preview Of What You'll Learn...

- What are Essential Oils?
- What Makes Essential Oils so Special?
- How can Essential Oils Help Improve Mental Health?
- How can Essential Oils Help in Weight Maintenance?
- Can Essential Oils Really Help Improve One's Physical Appearance?
- How can I Use Essential Oils at Home?
- What are the Different Types of Essential Oils?
- Much, much more!

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Linda Davis:

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