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Aromatherapy Secrets for Wellness: Maximize Your Life Force, Transform Stress and Conquer Ailments with Essential Oils

Marina "Mermaid" Dufort

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I wrote my book, 'Aromatherapy Secrets for Wellness: Maximize Your Life Force, Transform Stress and Conquer Ailments with Essential Oils', so I could share my proprietary formulas with you, because aromatherapy absolutely enhances any other healing modality. It soothes and transforms the emotions, where all ailments start and end. I want to give you the gift of vibrant, natural health with no side effects. Comfort your emotions and uplift your vibration for ultimate healing through joy. This book is loaded with stories and wisdom, but it's also a guidebook. It can show you which oil is best for which condition and how to mix oils yourself, or use one of my time-tested and trusted blends. Have fun with the oils, learn their application, inhalation and diffusion techniques as well as their properties and uses for common ailments. This is a wonderful book for beginners and travelers. Enjoy! --Marina Dufort, Registered Aromatherapist

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