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DIY Essential Oils And Aromatherapy For Beginners: Your Guide To Essential Oil Uses, Secrets And Recipes For Stress Relief And Well-Being (meditation,mindfulness,essential oil,massage therapy Book 1)

Michele Gilbert

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Do You Want To Know The Secret To Essential Oil?

Do It Yourself Essential Oils And Aromatherapy For Beginners will help

Its Your Guide To Essential Oil Uses, Secrets And Recipes For Stress Relief And Well-Being
This book will easily show you how to create your own essential oils.Essential oil is starting to rival some traditional forms of medicine for new ways to treatment certain diseases and health conditions.

Why you need to learn about Essential oils and Aromatherapy

My passion for essential oils started 10 years ago when I bought my first essential oil from a store in Europe. From that moment on I was fascinated about the positive power of essential oils and I have realized that the healing potential of essential oils and aromatherapy is truly remarkable. Preparing your own oils,is cost effective and can ensure that there are no harmful chemicals in the oils.

Learn...

- Essential Oil DIY Recipes, Serums, Scrubs, and Soaps
- Essential Oil :How to Make Lotion Bars
- The History of Essential Oils

- How to Properly Store Your Essential Oil
- How to Evaluate the Quality of Essential Oil
- How to Choose High Quality Essential Oils
- Relief from Common Illnesses With Essential Oil
- Aromatherapy with Essential Oil
- Massage with Essential Oil

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Debra McGregor:

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