



Essential Oils For Beginners: Aromatherapy Recipes to Enhance Psychological and Physical Well-Being Using Natural Oils

Tyrone Hunter

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Have you ever wondered whether or not aromatherapy could help you with your physical or psychological illnesses? Maybe you're new to aromatherapy and want to experiment with different essential oil blends, but aren't sure where to start. If so, this book will help.

Aimed at beginners to aromatherapy, this short ebook is packed full of helpful advice, tips and essential oil 'recipes' or blends to help you get the most out of your essential oils. It covers treating things like allergies and colds with essential oils, to getting relief from headaches and muscle pain, plus a lot more in-between. It also discusses ways to keep your essential oils potent and effective, and the different ways you can use essential oils in aromatherapy.

If you want to embrace a more natural, holistic approach to your family's well-being, this aromatherapy book can help. It's a great place to start if you're new to the practice, and a good source of blend ideas if you've been working with essential oils for a little while.

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