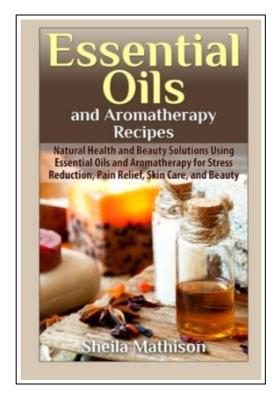
# Essential Oils and Aromatherapy Recipes: Natural Health and Beauty Solutions Using Essential Oils and Aromatherapy for Stress Reduction, Pain Relief, Skin Care, and Beauty



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## Reviews

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## ESSENTIAL OILS AND AROMATHERAPY RECIPES: NATURAL HEALTH AND BEAUTY SOLUTIONS USING ESSENTIAL OILS AND AROMATHERAPY FOR STRESS REDUCTION, PAIN RELIEF, SKIN CARE, AND BEAUTY



Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*. Essential Oils and Aromatherapy Recipes I really like how simple yet informative the book is. It presents the benefits of essential oils and the directions are really easy to follow. - Jeffrey Are You Wondering How Essential Oils Can Benefit You? Have You Been Searching For Clear Recipes and Instructions For Mixing and Using Essential Oils? Essential oils have been used for thousands of years to cure our physical maladies, boost our moods and soothe our mental state. I have carefully crafted this handy reference so you will receive maximum benefit in your daily life from the many advantages offered by essential oils. Perhaps You Have A Desire To Save Money or Avoid Toxic Chemicals By Using Natural Solutions For Your Beauty Products. It isn t unheard of for people to spend hundreds of dollars every year taking care of their hair. Medicated shampoos or shampoos and conditioners designed to treat your oily hair, dry or itchy scalp can be costly. Some products even contain harmful chemicals you aren t even aware of. All this can be avoided by making your own hair care products at home which are inexpensive and effective. Essential oils are a great solution that can provide spectacular results. Essential Oils and Aromatherapy Recipes is the answer to all your Wellness and Body Care needs This book is meant to be a useful guide to those who already have some familiarity with essential oils. Inside this valuable resource you will find over 177 Recipes for treating everything from sprains, to back pain, to headaches as well as useful, money-saving instructions for making your own toothpaste, lip balm, and hair care products, plus tons more!...

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