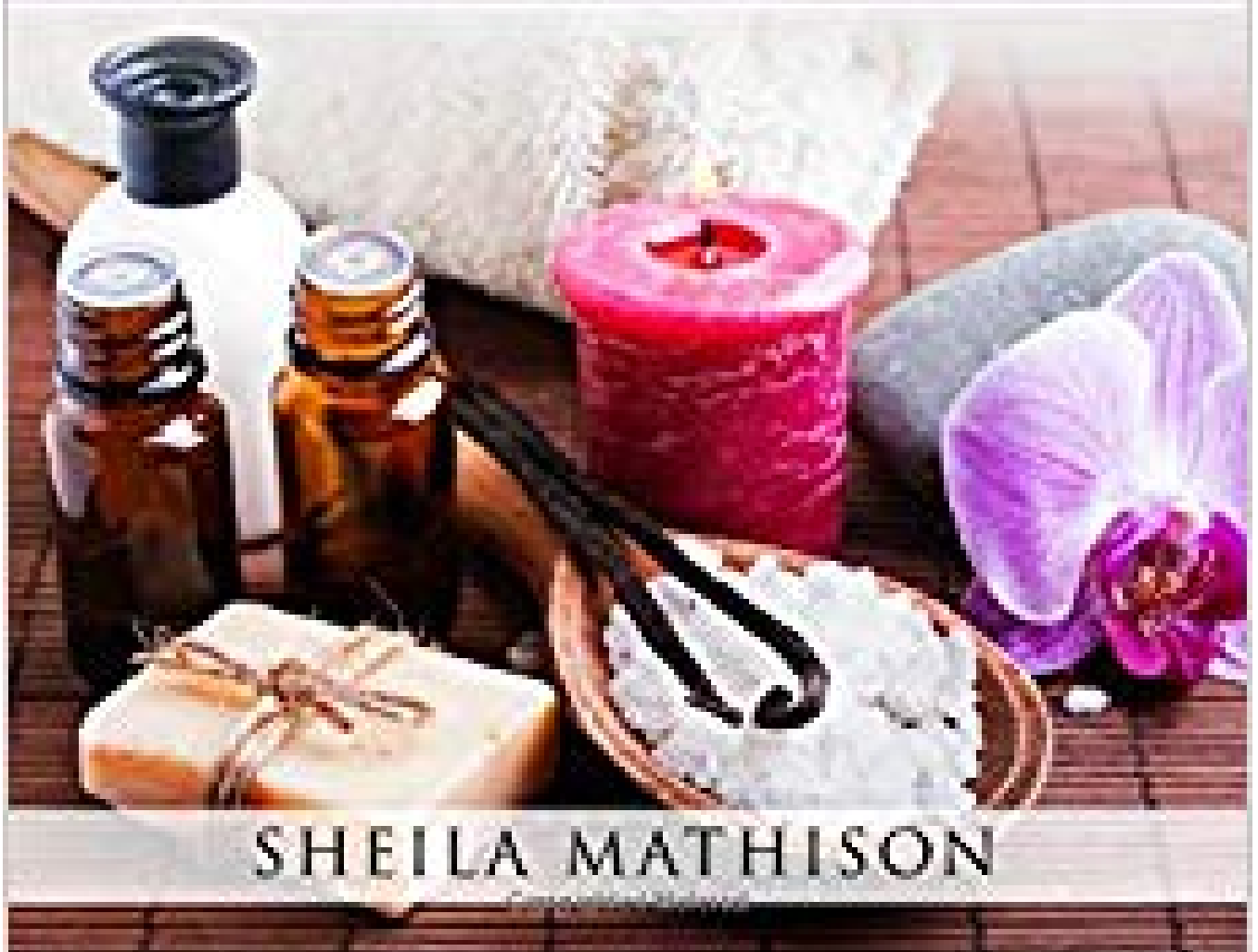


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# Essential Oils *and* Aromatherapy Recipes

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



SHEILA MATHISON

Sheila Mathison

Essential Oils and Aromatherapy Recipes: Natural Health and Beauty Solutions Using Essential Oils and Aromatherapy for Stress Reduction, Pain Relief, ... and Beauty (Essential Oil Guides) (Volume 2)



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How to Save Money & Avoid Toxic Chemical substances with Normal Solutions I really like how basic 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 May Benefit You? FREE Present with purchase of the book! Essential oils have been used for a large number of years to treat our physical maladies, increase our moods, and soothe our state of mind. Buy this book now to begin your trip using Essentials Oils and take pleasure in all the benefits they offer! Perhaps You Have A Desire to save lots of Cash or Avoid Toxic Chemical substances by Using Natural Solutions for Your Beauty Items...It isn't unusual for people to invest hundreds of dollars every year looking after their hair. The comprehensive index at the trunk makes it super easy and simple that you should find the recipe you want in a rush. This book is intended to be a useful guide to those that already have some familiarity with essential oils. All of this can be avoided by making your own hair care products in the home which are inexpensive and effective. "Essential Oils and Aromatherapy Recipes is the answer to all your Wellness and Body Treatment needs. Some products actually contain harmful chemicals you aren't even aware of. Inside this specific resource you will find over 177 Dishes for treating from sprains, to back pain, to headaches in addition to useful, money-saving instructions to make your own toothpaste, lip balm, and hair maintenance systems, plus tons more! Chapter 1 gets you started on the proper foot with a complete list of tools and items you can use to make lending, storing, and using the oils safe and easy. Medicated shampoos or shampoos and conditioners designed to deal with your oily hair, dry or itchy scalp can be costly. THIS IS A Preview of What's inside. Got a stuffy nose? Essential Oils for Skin Care Treating Pains and aches with Essential Oils Using Essential Oils for illness and Allergy Relief Improving Your Mental Health By using Essential Oils Amazing First Aid Guide for Essential Oils Essential Oils For making Perfumes and Cologne Using Necessary Oils for Hair and Personal Care And very much, much more! Are You Aware That Essential Oils Present Literally A HUGE SELECTION OF Solutions For Everyday HEALTH INSURANCE AND Beauty Challenges?. Find chapter 4. Need First Aid? See chapter 6. Humans are subject to all these ailments and more. Do you have pains and aches? Acne relief, sunscreen, preventing stretchmarks and even massage oils can be found in chapter 2. Chapter 7 has just the thing. It's not surprising. How about Acne? Allergy symptoms? Want to create your personal perfume or Cologne? Especially as we age group. And, although I don't find out you, it's a safe bet that, like every other person on the planet, you have one or more of these issues. Did you know Essential Oils can successfully treat most of these circumstances and more? I have carefully crafted this handy reference, which means you will receive obtain the most in your daily life from the many advantages offered by essential oils. ARE YOU Searching for Clear Dishes and Instructions for Mixing and Using Essential Oils? Just my way of saying "thanks. Important oils are a great option that can provide spectacular results.



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