

CUSTOM MASSAGE THERAPY OILS

A DIY GUIDE TO
THERAPEUTIC RECIPES
FOR HOMEMADE MASSAGE
OILS



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Custom Massage Therapy Oils: A DIY Guide to Therapeutic Recipes for Homemade Massage Oils (The Art of the Bath) (Volume 1)



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I will be taking the advice in this book up to speed, as I know how wonderful massage oils could be - it's just a case of understanding which ones are to use, depending on the disposition and/or benefits you want to induce in the person receiving the massage. Firstly, I discover most store-bought blends stupidly expensive and secondly, often I can't find exactly what I'm looking for. Good information I like the fact there are several recipes for various areas of body, or possibly what want to utilize the oils for, painful joints, arthritis, sore muscle tissue. Alynda Carroll offers a great selection of blends for all occasions, not just for relaxing. I've been an authorized therapist since 1994 and have made many lotions and potions through the years. Great book! I also appreciate that the writer included a section prior to the recipes explaining the very best ratios of important oils for more sensitive skin. All in all, I'm really happy with my purchase of the book and would recommend it to other people who's interested in blending their own massage oils at home. I loved this publication due to its simplicity. The author seems very smart and writes well. When I was reading the descriptions of the different oils, it was like I could actually smell them in my own nostrils. I like this instruction manual; appears very informative. Thanks for all of the good information within it! I picked this publication up looking to learn several basic relaxation blends, but I acquired a lot more than that! I have made and been using the eucalyptus essential oil with almond essential oil for the sore muscles. A good book very informative, happy I made the purchase. Inspired to Make My Own This book has many great sounding recipes without more than 2 or 3 ingredients to make your own massage oils. A number of them look so good that I possibly could almost utilize them for cooking. I've never produced my own massage natural oils but after reading this book, knowing how simple it is to make them, I am certainly inspired to try it out. This book has a great deal of suggestions, and strategies to help with sore muscles. This book makes it possible to make your own oils. Great Info! Properly done. Great book I was actually searching for "massage therapy oils" when we spied this reserve in the center of them. What a great idea! I can make my very own, and furthermore, I can tailor them exactly as I see fit. :) Five Stars great buy I liked this book because of its simplicity Thank you Alynda! Good book This book has great recipes to create your own massage therapy oils. Anyone who enjoys massages knows there is nothing just like a massage with good massage oils. Glad I came across this book Been having serious soreness in hips and hip and legs. The recipes are all very simple and easy to understand. Haven't read however, but looks great and was free. :) Haven't read yet, but looks great and was free. I really like this! I was especially interested to learn the recipes for pain relief and can definitely be trying the peppermint and chamomile mix, along with the immune-boosting blends - I acquired no idea essential oils could help with this as well! Simple, concise and easy-to-understand essential oil info I actually enjoyed this manual very much! Really liked the Marjoram-Roman Chamomile Massage oil - Thanks! I'm influenced all over again! Five Stars Informative. An enjoyable guide to massage therapy oils And also being relaxing, the benefits of massage can be physical and also mental. This book is a superb little guide with their therapeutic benefits, steps to make your own massage essential oil and which blends are recommended to induce rest, invigorate or enliven, boost the disease fighting capability and more. Great quality recipes for rest, relaxation, stress, sore muscles, pain, invigoration and boosting immunity Recently I've been searching for good massage oil recipes for two reasons.



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