



## Essential Oils for Beginners: A Proven Guide for Essential Oils and Aromatherapy for Weight Loss, Stress Relief and a Better Life (Paperback)

By Sarah Joy

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Essential Oils for Beginners Top 33 Essential Oil Recipes Essential Oils and Aromatherapy for Beginners Aromatherapy is a form of alternative medicine. It uses a number of natural essential oils to heal and enhance a person s health and overall well-being. Aromatherapy refers to the use of plant essential oils normally diluted in some kind of solution for therapeutic application. These essential oils are extracted from the leaves, bark, roots, rind and flowers of plants. This book will teach you everything you need to know about aromatherapy and essential oils.



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