



Essential Oils for Beginners: A Beginners Guide to Get Started with Essential Oils and Aromatherapy. Your Number 1 Resource for Weight Loss, Natural Cures ... Healthy Lifestyles (Herbs Secrets Book 5)

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Your Number 1 resource for weight loss, natural cures and healthy lifestyles.

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Essential oils, also known as ethereal or volatile oils are a group of hydrophobic, concentrated liquids that contain aroma compounds from plants. Essential oils have been in use for millennia as natural medicines but their use as medicine is only coming to the fore in today's world. Besides being used for massage purposes, essential oils are good medicine for a myriad of ailments like allergies, acne, wound treatment, weight loss, insomnia, flu among others.

The practice of using essential oils for physical and mental therapy is called aromatherapy. Essential oils are often mixed with carrier oils for safe use. Carrier oils are oils obtained from parts of plants that contain fats.

This guide to essential oils for beginners delves into the world of;

- Essential Oils,
- Aromatherapy,
- Carrier oils and,
- Essential oil remedies and recipes to common ailments

Also covered are a list of the most common essential oils, their uses and health benefits, how to use essential oils for aromatherapy, the most common and popular carrier oil, their uses and health benefits and to cap it all the essential oils remedies and recipes to common ailments.

A great book for beginners that introduces you into the world of essential oils, aromatherapy and carrier oils.

Get started experiencing the amazing health benefits and usages of essential oils and carrier oils by downloading your copy today!



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