

Essential Oils for Beauty& Skin Care, the Home, Health and Healing: 60+ Most Useful Non-toxic Homemade DIY Essential Oil Recipes for Beginners and Beyond

Essential Oils for Beauty& Skin Care, the Home, Health and Healing

✓ Verified Book of Essential Oils for Beauty& Skin Care, the Home, Health and Healing: 60+ Most Useful Non-toxic Homemade DIY Essential Oil Recipes for Beginners and Beyond

Summary:

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Essential oils are a natural and safe way to improve your health, cure ailments, and soothe your body and mind. These versatile oils come from natural sources, and have been used for centuries for medicinal, household and cosmetic purposes.

Essential Oils for Beauty& Skin Care, the Home, Health and Healing is the comprehensive guide to harnessing the power of these ancient remedies. Recent scientific research has proven that essential oils can truly prevent and heal disease, and they are far more affordable and safer than modern medical treatments.

Essential Oils for Beauty& Skin Care, the Home, Health and Healing will show you how to create your own recipes to better your skin, household use, healing your pain, better mood, Allergy relief and improve your overall well-being. This book will show you how to expertly blend essential oils to create your own aromatherapy mixes to relieve stress, bolster energy, and more.

This Essential Oils book will teach you to use essential oils for any purpose, with:

• Over 60 easy-to-follow recipes for curing ailments, enhancing beauty, and sprucing up the home, healing, pain relief, healthier

• Basic knowledge of essential oil and its history, extract method

• 7 most important tips in using essential oils correctly and safely

• Advice for where to buy the best essential oils, and how to store your collection

• Information on the benefits of essential oils and aromatherapy

• And much much more!

Using this Essential Oils book, you can start living a healthier and more sustainable lifestyle right away through the power of essential oils.

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