



Aromatherapy: How to use nature's remedies to improve your health and wellbeing (Essential Oils, Aromatherapy for Beginners, Aromatherapy Recipes Book 1)

Faye Froome

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Aromatherapy. How to use nature's remedies to improve your health and well-being

Discover the magic of essential oils and natural remedies

Study the secrets of aromatherapy; discover the history of an ancient practice which has been used successfully for centuries; learn how to apply it to your life and how to benefit both physically and mentally from its use.

You will also find recipes which will enable you to create soaps, skin care products and much more which you can adapt to suit your body or give as gifts to friends and family.

So what are you waiting for, download your copy now and discover the wonderful world of aromatherapy

Essential oils are the complete essence of a plant and contain no added ingredients. The leaves, flowers, stems, roots, bark, in fact any part of a plant can be used to make essential oil. Simply put, they are the very spirit of the plant that has been extracted and bottled.

Discover how to use the essential oils mother nature provides us to alleviate such problems as depression, anxiety, and even easing general aches and pains

Here's A Preview Of What You'll Learn...

- What is Aromatherapy
- What are Essential Oils
- How to use Essential Oils
- When to use Aromatherapy
- Aromatherapy Recipes for Women
- Aromatherapy Recipes for Men
- And Much More!

Download your copy today to receive all of this information!

Tags: Essential Oils, Aromatherapy Books, Aromatherapy for Beginners, Aromatherapy Recipes, Essential Oil Recipes, Skin Care, Anxiety Relief, Health and Well-being, Essential Oils for Beginners, Essential Oil Therapy, Stress Management Techniques, Stress Reduction, Essential Oil Books, Aromatherapy Guide, Anti Aging, Natural Remedies, Natural Health, Stress relief, Mind, Body, Spirit, Natural Healing.

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