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Essential Oils Aromatherapy for Beginners: Secrets to Beauty, Health, and Weight Loss Using Proven Essential Oil and Aromatherapy Recipes (Paperback)

By Lindsey P

Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. ESSENTIAL OILS AROMATHERAPY FOR BEGINNERS 3rd Edition: Secrets to Beauty, Health and Weight Loss Using Proven Essential Oil and Aromatherapy Recipes You re about to discover proven steps and strategies on how to use essential oils, either pure or in combination, to solve common problems in beauty and health. Using essential oils as opposed to commercial formulations for your various problems can help you maintain an all-natural lifestyle. This is good for the environment, for yourself and in certain circumstances, for your wallet too. Essential oils have been used for centuries in many cultures to cure common health ailments, solve various household problems, soothe the soul, make someone fall in love with you, drive evil spirits away and many others. While some of these uses may have been proven false by science, many are retained particularly for beauty and over-all health. There are various skin care problems that essential oils can cure. The most common are acne, wrinkles or aging skin, fungal infections, psoriasis, eczema and minor skin burns and wounds. We will discuss each problem in turn. Essential oils can...



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