



Essential Oils for Beginners: The Essential Guide to Essential Oils and Aromatherapy to Improve Your Health, Beauty, and Well-Being

Jane T. Peters

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Everybody around us is talking about essential oils and aromatherapy. However, that's not an invention of our time; it actually has been around for centuries, ancient cultures and traditional medicines making use of the distinctive characteristics and healing properties of essential oils.

This guide to essential oils and aromatherapy is written for beginners.

If you want to find out what it is that has everybody raving about essential oils and aromatherapy and get started yourself, this guide is for you. This guide covers a limited number of essential oils that have numerous areas of use, thus making those oils in particular very versatile ones. The book is structured all around different uses, but if you are interested in which ailments can be battled by which essential oil in this guide, we've put together a clickable reference guide at the end of the book. Using essential oils with all their benefits is not only good for you and your family, but our environment also benefits by replacing many chemical-laden, commercial products with their natural alternatives containing essential oils. Little by little your carbon footprint improves, too.

So, if you want to get started on essential oils and aromatherapy and bag all the benefits that come along with them, then buy this book and dive right in!

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