



Essential Oils for Beginners: Essential Oils Natural Remedies for Health, Beauty, and Healing (Paperback)

By Julia Chandler

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Essential Oils for Beginners Essential oils are highly concentrated liquids that contain strong scents representing the plants they come from. Historically, essential oils have been used for medicinal and healing purposes. Today, essential oils are again gaining in popularity as consumers are discovering the many great benefits that they provide. This book provides a comprehensive guide to not only understanding essential oils, but also in how to use them. By reading this book you ll learn: - The difference between fragrance oils and essential oils, - How to purchase and store oils, - The best techniques to enjoy the aromas and powers of these oils, - The most commonly used essential oils. The book will also give you effective essential oil recipes for - Healing the cold and flu, - Acne, skin and hair care, - Weight loss, - Pain relief, - Reducing anxiety and fatigue, - Allergy relief, and much more! This book will show you how easy it can be to begin using essential oils in your daily life. Order Essential Oils for Beginners now! ---- TAGS: essential oils...



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