



# **Essential Oils: A proven Guide of Essential Oils and Aromatherapy for Maximizing Yourself Physically, Mentally and Emotionally (Essential Oils for Beginners Book 1)**

*SARAH WATSON*

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## **Essential Oils: A proven Guide of Essential Oils and Aromatherapy for Maximizing Yourself Physically, Mentally and Emotionally (Essential Oils for Beginners Book 1)**

### **DISCOVER THE POWER OF ESSENTIAL OILS AND TRANSFORM YOUR LIFE WITH THIS SIMPLE ESSENTIAL OILS GUIDE?**

The popularity of essential oils has been increasing rapidly. There are a number of things for which essential oils have been proven to be extremely useful. In fact, their magical properties enable them to replace every item in your kitchen, beauty kit, pain relieving aid, first aid box, anti-bacterial regimen and what not! This text unfolds the astonishing and extremely useful properties of essential oils and also describes the ways of making the most of it. This detailed guide is perfect for beginners. Everything is explained in simple, easy to understand steps so that you can instantly benefit from the amazing benefits of Essential Oils.

### **KINDLE UNLIMITED AND AMAZON PRIME members can read this book for free!**

**=> This book will teach you everything you need to know about Essential Oils – where it comes from, why oils are superior to artificial substitutes, and why oils even works!!**

This book will cover:

The Origin of Essential Oils  
The Essence of Essential oils  
Essential oils-How do they benefit plants?  
Methods of extraction of Essential Oils  
Essential oils and Aromatherapy  
Essential Oil Recipes

- Facial Toner
- Essential oil acne therapy
- Essential oil body lotion
- Sugar and essential oil exfoliating scrub
- Bath oil
- Essential oil hair conditioner
- Sugar cube scrub

How to select essential oil for sugar cube scrub?

- Essential oil shampoo
- Natural perfume
- Essential oils to cure arthritis
- Essential oils for menstrual pain
- Essential oils for blocked nose
- Essential oils as insect repellents
- Essential oils for sleeplessness
- Essential oils for mood elevation and calamity

Options of usage

Essential oil safety persuasions

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