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## Essential Oils for Beginners: Easy Step by Step Guide with Recipes for Skin Care, Hair Care, Emotional Wellbeing, Household Use and More (Paperback)

By Agnes Marr

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Essential oils have been in use for thousands of years for medicinal and cosmetic purposes. They are safe, natural and wonderfully effective. They are the best substitute for chemical alternatives and modern medical treatments which are expensive, less effective and unsafe. However, there is need to know how to use them correctly in order to obtain the desired therapeutic benefits. With the correct usage, you can improve your health and general wellbeing. This guidebook will help you understand the correct usage of essential oil, learn the most effective solutions to common health problems and experience tremendous results. You will be able to harness the power of essential oils to preserve your health, beauty and home. There are over 80 recipes in this information-rich book to show you how to treat common skin and hair problems, how to evoke your desired emotion and how to improve your health and home. Essential oils are wonderful tools for beauty treatments, therapy and relaxation. This book will help you to get used to it and imbibe it in your everyday life. Here...



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