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## Essential Oils and Aromatherapy Recipes: Natural Health and Beauty Solutions Using Essential Oils and Aromatherapy for Stress Reduction, Pain Relief, Skin Care, and Beauty

By Shelia Mathison

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Essential Oils and Aromatherapy Recipes I really like how simple yet informative the book is. It presents the benefits of essential oils and the directions are really easy to follow. - Jeffrey Are You Wondering How Essential Oils Can Benefit You? Have You Been Searching For Clear Recipes and Instructions For Mixing and Using Essential Oils? Essential oils have been used for thousands of years to cure our physical maladies, boost our moods and soothe our mental state. I have carefully crafted this handy reference so you will receive maximum benefit in your daily life from the many advantages offered by essential oils. Perhaps You Have A Desire To Save Money or Avoid Toxic Chemicals By Using Natural Solutions For Your Beauty Products. It isn't unheard of for people to spend hundreds of dollars every year taking care of their hair. Medicated shampoos or shampoos and conditioners designed to treat your oily hair, dry or itchy scalp can be costly. Some products even contain harmful chemicals you aren't even aware of. All this can be avoided...



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