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# Essential Oils: Ultimate Essential Oils Guide And 89 Powerful Essential Oil Recipes! (2nd Edition) - How To Use Essential Oils For Aromatherapy And Healthy ... Loss, Essential Oil Recipes, Aromatherapy)





## Synopsis

Look Younger and Feel Better - Gain the Healthy Benefits of Essential Oils! • Read this book for FREE on Kindle Unlimited - Download Now! • 100% Money Back Guarantee! 2nd Edition! Do you want to look and feel younger? Do you want to relieve stress? Or are you fighting the symptoms of chronic illness? When you download Essential Oils: Ultimate Essential Oils Guide and 89 Powerful Essential Oil Recipes! (2nd Edition) • “How to Use Essential Oils for Aromatherapy and Healthy Living, your house will smell great every day! These fun and easy tips help you understand the many benefits of this fun hobby. You’ll be proud to show off your knowledge of essential oils to your friends, co-workers, and family! This helpful book provides an overview of aromatherapy and explains basic concepts such as the differences between essential oils and carrier oils. You’ll learn how essential oils are safe, inexpensive, readily available, and have virtually no side-effects. Aromatherapy with essential oils has multiple benefits, such as stress-reduction, detox, chronic illness relief, and preventative uses. The knowledge hidden within this book will take you step by step, through the process of creation, and usage of essential oils. This Book Will Show You: The Importance Of Aromatherapy Benefits It Will Show On Your Health Why You Should Use Essential Oils How To Create Them How To Use Them When To Use Them And Much More! And This Book Even Contains 89(!) Essential Oil Recipes, Including: Organic Oil Mixture Minty Magic Insomnia Relieving Blend Lavender And Rose Bath Salt Refreshing Herbal Face Mask Scrub Mix Macadamia & Rose Up Sense Argan Facial Serum Headache Mixture Peppermint Foot Cream Relaxing Massage Oil And So Much More! Download Essential Oils: Ultimate Essential Oils Guide and 89 Powerful Essential Oil Recipes! (2nd Edition) • “How to Use Essential Oils for Aromatherapy and Healthy Living! and become a master alchemist who creates his own essential oils! Scroll to the top and select the "BUY" button for instant download. • 100% Money Back Guarantee! It Will Pay Off To The Last Dime!

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## Customer Reviews

Kindle has become the go to spot for various books on the subject of essential oils. Nearly every book claims to be the "ultimate guide" in some way or another. The problem is, you will likely get a book that is full of ways to mix the oils or a book that is full of information that reads more like a glossary than a guide. This book had a few good and bad surprises for me in both categories. Guide InformationI was slightly disappointed in the actual guide portion of this book. To be honest, they didn't cover the questions that people coming into essential oils really want to know. They covered a lot of basic information that most websites and books already have. If you are going to have an "ultimate guide," I want to see something new and different. I want to see something I can't find anywhere else. I want to have some questions answered like "How do I know an oil is a real oil and not synthetic or mixed?"I will say the guide is decent for newcomers and it does cover some basic information. It just doesn't fit what I would want to see in a true "ultimate" guide.The "Recipes" This is the part of the book I really enjoyed and did find a few surprises in. Most guides will give you ways to mix your essential oils in diffusers or in bath salts. This guide actually gives recipes for backache relief, perfume blends, massage blends, and a sauna blend that is ideal for congestion. Those are not recipes a beginner may find immediately. There are your typical bath salt recipes, but they are detailed and do cover more than just mixing the oils in. Things I Missed in this BookI always try to add a bullet list of the things I wish a book had covered, or items that were missing.

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