



## Aromatherapy and Essential Oils: The Ultimate Guide to Essential Oils for Healing and Essential Oils Recipes

By MS Adahi Flores

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.With this Aromatherapy and Essential Oils you re about to discover a proven strategy on how to use benefit from this great source we have available and naturally cure ailments, improve your health, and soothe your mind and body. In this book you will learn how to harness the power of essential oils and aromatherapy to prevent and heal disease This book contains basic knowledge about essential oils, its journey in the course of history, importance to our modern life and easy DIY recipe mix and uses. While there are some technical concepts presented here, particularly with regards to the biochemical effects of these oils to the human body in general, the details thus discussed here were written and constructed in such a way that beginners of aromatherapy will definitely understand and enjoy. In fact, you can even begin to concoct your own essential oil recipe mix with an easy count of 1,2,3 to 30 and rip the benefits of aromatherapy. Essential oils may be complex substances that still require delicate and safe handling actions, but it doesn...



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