Essential Oils: How to Actually Use Essential Oils Safely and Effectively: (Essential Oils Book, How to Use Essential Oils) (Paperback)



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(Enrique Ritchie Sr.)

ESSENTIAL OILS: HOW TO ACTUALLY USE ESSENTIAL OILS SAFELY AND EFFECTIVELY: (ESSENTIAL OILS BOOK, HOW TO USE ESSENTIAL OILS) (PAPERBACK)



Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand ******.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after the conclusion. Essential Oils How to Actually Use Essential Oils Safely and Effectively Welcome to Essential Oils: How to Actually Use Essential Oils Safely and Effectively, a self-help book put together to help you safely navigate the industry that is essential oils. There are many articles online that suggest healthy ways to utilize the essential oils that are already out there on the market but there are far less articles of how to protect yourself from essential oils that are either bad for you in terms of their concentration or bad for you in terms of what makes up their chemical composition. This book is designed to give you the tips and tricks to navigate through these difficult circumstances that not everyone likes to talk about. In the first chapter, we ll talk about how to actually find the right essential oils for you, such as: How to quickly identify the problems that you need to solve with essential oils so that you don t overbuy what you need with this medicine The differences between pre-diluted and undiluted essential oils and why you probably want to have the undiluted essential oil even though the pre-diluted essential oil is much easier to deal with A few tricks and tips on how to figure out which companies are trying to trick you and which companies are selling the real deal In the second and third chapter, we will talk about how to properly dilute the undiluted material mathematically, what material to dilute with, and how to put it into safe application. This includes whether...

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