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Essential Oils For Beauty& Skin Care, The Home, Health And Healing: 60+ Most Useful Non-toxic Homemade DIY Essential Oil Recipes For Beginners And Beyond





Synopsis

***SPECIAL OFFER!!!!** LIMITED TIME OFFER 40% OFF

Essential oils are a natural and safe way to improve your health, cure ailments, and soothe your body and mind. These versatile oils come from natural sources, and have been used for centuries for medicinal, household and cosmetic purposes. Essential Oils for Beauty & Skin Care, the Home, Health and Healing is the comprehensive guide to harnessing the power of these ancient remedies. Recent scientific research has proven that essential oils can truly prevent and heal disease, and they are far more affordable and safer than modern medical treatments. Essential Oils for Beauty & Skin Care, the Home, Health and Healing will show you how to create your own recipes to better your skin, household use, healing your pain, better mood, Allergy relief and improve your overall well-being. This book will show you how to expertly blend essential oils to create your own aromatherapy mixes to relieve stress, bolster energy, and more. This Essential Oils book will teach you to use essential oils for any purpose, with:

- Over 60 easy-to-follow recipes for curing ailments, enhancing beauty, and sprucing up the home, healing, pain relief, healthier
- Basic knowledge of essential oil and its history, extract method
- 7 most important tips in using essential oils correctly and safely
- Advice for where to buy the best essential oils, and how to store your collection
- Information on the benefits of essential oils and aromatherapy
- And much much more!

Using this Essential Oils book, you can start living a healthier and more sustainable lifestyle right away through the power of essential oils. Download your E book by scrolling up and clicking "Buy Now with 1-Click" button!

Book Information

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Customer Reviews

Because of that I have been reading many books so I can learn before I start investing in oils. This book was well written considering many of the books I have read have had a lot of grammatical errors. I really liked this book because it listed the top 5 companies but did not try to get me to buy my oils under their member number. With all the books I've read, Roses' books information was easy to understand. She covered many common sicknesses, skin, household, beauty, emotional, etc. in the blends she included in this book. I also appreciated the way she covered everything from the care of oils to the precautions when you use them.

You will find that how you can live a healthier and beautiful life with the help of essential oils. In the use of essential oils if you need aromatic and healthy oils in your kitchen, then the best option would be the extra virgin Olive oil. And of course, if the Aromatherapy oil is for general use like burns, itchiness, massage then you can use Canola oil. We have to be careful not to exaggerate with the dose. Too much can really be too much when we're talking about essential oils.

Essential oils are complex substances which require comprehensive studies to choose from. Therefore, choosing essential oil largely depends on the purpose. Do you want it to help elevate your mood or do you need something to treat a burn? Hence, one needs to be proactive about doing research and talking with qualified individuals. Having searched fruitlessly for a book that would help me in this area I was glad when I found this book, which is explicit in guiding me on how I can create my own recipes for total health and wellness, and advise me rightly on where best to buy essential oils of right compositions. I found this book interesting. It can also help you.

This is a fantastic resource for essential oils. As a yoga teacher I always experiment with different oils to give my students the best possible experience in class - especially in Savasana - and Rose Lavender's guide really allows me to offer my students something special and create an

atmosphere that is supporting what I want to achieve in class. Thank you for putting all the information together and making it easily accessible for anyone who is interested.

Great book. Great recipes. Glad I added it to my collection. :)

I found it very information since essential oils are new to me....thank you for taking the time putting this together. I am looking forward in trying my new oils.

Great book

A very nice variety and lots of good recipes to try. They are not overly complicated to understand and many ingredients can be found easily. Very good little recipe book for skin products.

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