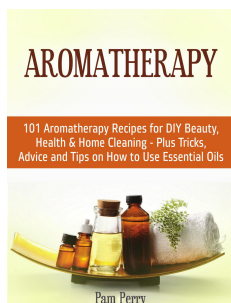


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AROMATHERAPY 101 AROMATHERAPY RECIPES FOR DIY BEAUTY HEALTH HOME CLEANING PLUS TRICKS ADVICE AND TIPS ON HOW TO USE ESSENTIAL OILS EBOOKS 2019



Author: Pam Perry

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Have you known about aromatherapy for some time now but have never actually gotten around to it? Or, maybe you've dismissed aromatherapy all together because you think it's some hokey pokey therapy that doesn't yield any real benefits. Aromatherapy is simply the use of essential oils from plants and other natural sources that can benefit a person's emotional and physical health. Not only has the practice been in use for thousands of years across dozens of nations and cultures, significant scientific evidence has backed up aromatherapy as being very good for the mind and body. This book will not only go into much more specific depth about the true benefits of aromatherapy, but we will also go into one hundred and one different ways that you can apply aromatherapy in your personal life by introducing you to an entirely different recipe for each one. Some recipes are designed to be used for home cleaning where they can do well to both your rooms and you; some are designed to be directly inhaled, while others are designed to be placed into a diffuser where the aroma will fill your house or car. Last but not least, safety always comes first, so we will close this book with twenty different tips to ensure that you use aromatherapy in the most effective and safe ways. Many books and websites have been written on the subject of aromatherapy, but you won't find any kind of resources that manages to condense so much valuable knowledge and recipes on the subject all into a single package. So turn the page and begin the learning process! Here is what you will learn after reading this book: How Do Essential Oils Help the Body? Benefits of Aromatherapy How to Use Aromatherapy Synergy 101 Aromatherapy Recipes Twenty Tips for Using Essential Oils:

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