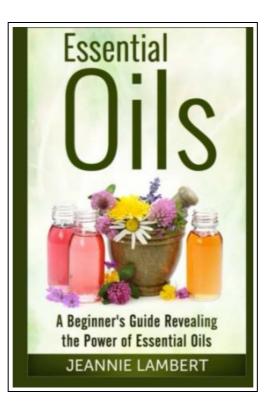
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Reviews

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ESSENTIAL OILS: A BEGINNER S GUIDE REVEALING THE POWER OF ESSENTIAL OILS (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Harness the Power of Nature with Essential Oils Herbal remedies have been around for years and many people count on them every day. Some carry a strong belief that there is no need to rely on medications. Among the alternative medicine approaches, essential oils are used for a number of different conditions and offer a variety of benefits. After a stress filled day, it would be nice to come home and just relax. Some have found that they can get fast relaxation by taking a warm bath using essential oils. A mix of the oils and the aromas can relax one so much that it puts the client to sleep. Because essential oils are extracted from plant material, they often contain the nutritional essence of the plants themselves. In concentrated form, they can impart huge health benefits, when they are ingested into the body. Essential Oils will guide you through the various uses and benefits of essential oils, highlighting how to use them to lose weight, relieve pain, maintain your skin, as well as strengthen your hair. The various uses of essential oils is nearly limitless. Come discover what many others have: that there is now a safer, more natural way to protect yourself and your family.

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