

# ESSENTIAL OILS BOX SET #18: Essential Oils & Aromatherapy for Beginners 2nd Edition + The Beginners Guide to Making Your Own Essential Oils (Natural Remedies)

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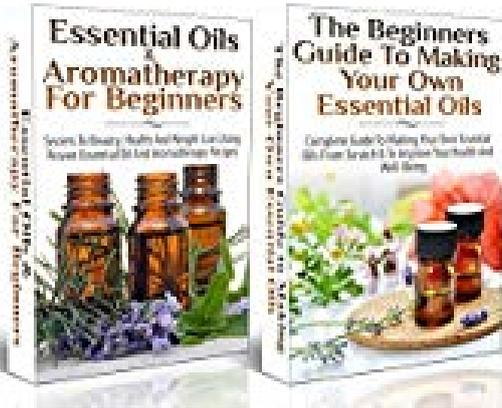
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**HUGE FREE BONUS RIGHT AFTER THE CONCLUSION** Aromatherapy: These essential oils have different properties that work to help you in breaking down fat in order to be fully absorbed by your body and turned into energy. They help curb your appetite and your “midnight-snack” cravings. They affect the part of the brain to help you relax and calm down instead of converting your anxieties and stresses into overeating. The essential oils discussed in this book will be your ally in keeping a regular exercise routine. There are various skin care problems that essential oils can cure. The most common are acne, wrinkles or aging skin, fungal infections, psoriasis, eczema and minor skin burns and wounds. We will discuss each problem in turn. Essential oils can also be used to promote great hair.

These are just a few great features of essential oils! Popular and in trend why don't you try this book and see if your on your way to becoming an essential oils lover too! Essential Oils & Aromatherapy Sneak Peak: Using Essential Oils Skin Care Hair Care Carrier Oils Stress and Pain Relief Weight Loss Caution When Using Essential Oils Much, Much More Making Essential Oils: Since the beginning of time, aromatherapy has been used by our ancestors to promote health, for medical practice and for personal hygiene. Aromatherapy uses essential oils extracted from flowers, stems, leaves, barks and other parts of a plant.

These essential oils are believed to enhance physical as well as psychological well-being. The aroma of these essential oils is believed to stimulate brain function when inhaled. Essential oils are also absorbed through the skin easily, wherein they promote well-being and healing by travelling through the bloodstream. More and more people are discovering the medicinal benefits of aromatherapy, which is why it is gaining popularity really fast. Aromatherapy is used in various applications including increased cognitive function, enhanced mood and pain relief. This book explains what essential oils are and how they are made. Inside, you will also discover various essential oils and the benefits that they offer. You can use this book as a guide on how to use aromatherapy and which essential oil is best to use for a specific condition. Do not wait and try this book set now! You will not regret it guaranteed! Sneak Peak At Making Essential Oils.... What Are Essential Oils An Easy Way To Make Your Own Essential Oil At Home How To Make Your Own Essential Oil At Home

Through Distillation How To Use Oil To Extract Essential Oil Essential Oils: Uses And Benefits List Of Essential Oils And Their Uses Much, much more! Download your copy today! &lt