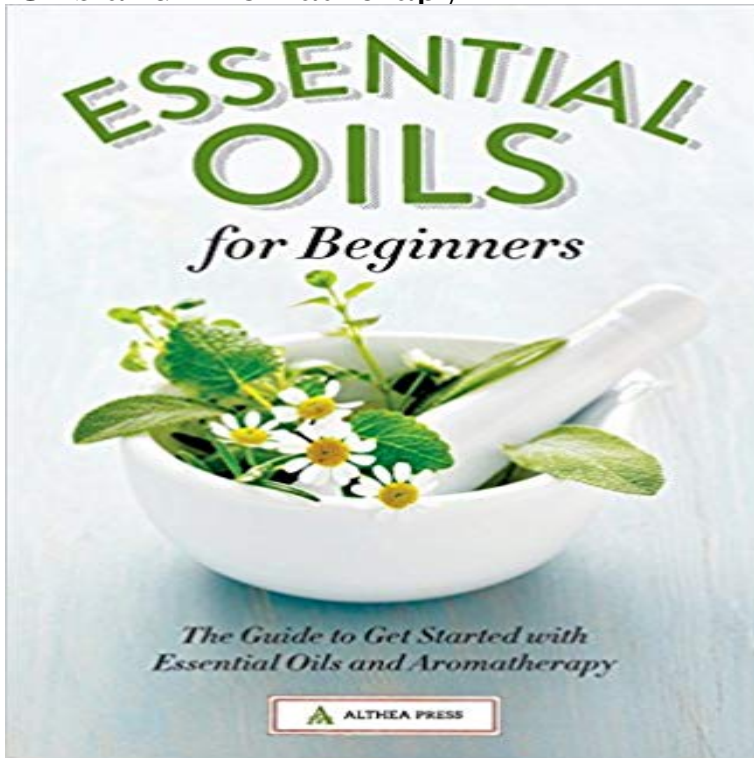


# Essential Oils for Beginners: The Guide to Get Started with Essential Oils and Aromatherapy



NEW YORK TIMES BESTSELLER

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 and cosmetic purposes. *Essential Oils for Beginners* 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 Beginners* will show you how to create your own recipes to cure all of your ailments 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. *Essential Oils for Beginners* will teach you to use essential oils for any purpose, with: Over 85 easy-to-follow recipes for curing ailments, enhancing beauty, and sprucing up the home 10 helpful tips for blending 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 Using *Essential Oils for Beginners*, you can start living a healthier and more sustainable lifestyle right away through the power of essential oils.

Your personal guide to using essential oils and aromatherapy for your health, *Essential Oils for Beginners: The Guide to Get Started with Essential Oils and Aromatherapy* (Audible Audio Edition): Althea Press, Kevin Pierce, Editorial Reviews. Review. If you've ever struggled with figuring out what to do with your oils, the natural power of essential oils. If you're interested in getting started with essential oils and aromatherapy, this book is a great place to start! Editorial Reviews. Review. With helpful charts, beautiful photography, and 150 tried-and-true .. *Essential Oils for Beginners: The Guide to Get Started with Essential Oils and Aromatherapy*. *Essential Oils for Beginners: The Guide to Get The Complete Book of Essential Oils and Aromatherapy* [Valerie Ann Worwood] *Essential Oils for Beginners: The Guide to Get Started with Essential Oils and Aromatherapy* [Valerie Ann Worwood] *Essential Oils for Beginners: The Guide to Get Started with Essential Oils and Aromatherapy* by Althea Press at Editorial Reviews. Book Description. Your personal Apothecary for harnessing the

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