



Essential Oils: Easy Guide on Starting with Essential Oils and Great Winter-Spring Diffuser Recipes: (Essential Oils, Diffuser Recipes and Blends, Aromatherapy) (Paperback)

By Sheila Sloan

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Essential Oils: Easy Guide on Starting With Essential Oils and Great Winter-Spring Diffuser Recipes Book#1 Essential Oils For Beginners Best How To Guide To Start With Aromatherapy And Essential Oils Though there have been incredible medical advancements in recent years, and though it seems there is a solution for anything and everything you could be feeling these days, natural remedies still hold their own. In fact, in recent years, essential oils have stepped to the forefront of natural remedies, and in some ways have taken precedence over traditional medication. These oils, which have been around for thousands of years, have proven to be incredibly effective in treating a variety of health issues and ailments, from stomachaches and headaches to insomnia and even depression. It seems there is an oil for everything, and from everything, for that matter. Countless fruits and herbs, a plethora of flowers and seeds - there s really no end to where you can get essential oils, or the benefits each one provides. But it can get confusing quickly. Not all oils do the same thing, and when...

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