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Aromatherapy and Essential Oils for Beginners: Discover the Phenomenal Powers of Essential Oils to Relax, Revitalize, and Revolutionize Your Health ... Spa, Essential Oils, Aromatherapy) (Volume 1)

Marta Tuchowska

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De-Stress with Essential Oils & Aromatherapy: Restore Balance, Vitality and Zest for Life in Just a Few Minutes a Day!

You’re about to discover the wonderful world of essential oils and aromatherapy. Indulge in the most effective and easy-to-perform techniques based on the science and art of aromatherapy and other amazing natural therapies
Ready to feel and look amazing? Read on...
Essential oils and natural remedies are the best way to restore your energy levels, rejuvenate your body, mind, and spirit and relax in a holistic way. You don’t need to spend tons of money at your local spa. You can create your healing rituals wherever you want, whenever you want and as much as you want.

Some Benefits of Essential Oils and Aromatherapy:

•Stress Reduction
•**Body & Mind Detox**
•Illness Prevention and Relief
•**Weight Loss (essential oils help you relax and prevent emotional eating)**
•Pain Relief
•**Anxiety Reduction**
•Better Sleep
•**Better Sex Life**
•Better Focus and Concentration
This detailed guide is perfect for beginners. Everything is explained in simple, easy to understand steps so that you can instantly benefit from the amazing benefits of aromatherapy & essential oils.

Here Is A Preview Of What You'll Learn from "Aromatherapy & Essential Oils for Beginners":

•The holistic view of aromatherapy and aromatherapy treatments
•**How to combine different natural methods to fight stress effectively**
•How to mix vegetable and essential oils

•**How to employ aromatherapy to fight various stress-related imbalances**
•How to prepare natural face masks for beauty and relaxation
•**Specific blends and natural treatments for anxiety, insomnia and stress**
•The healing herbal infusions and juices at your home spa
•**The benefits of using essential oils (health, beauty, healing)**
•How to restore your energy levels
•**How to create a truly relaxing atmosphere at your home spa**
•More holistic spa therapies and relaxation techniques with a bonus chapter for you to discover!
So..what are you waiting for?

Look Younger and Feel Better - Experience the Healthy, Holistic Benefits of Essential Oils and Aromatherapy!

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