# **ESSENTIAL AROMATHERAPY OILS**



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# Aromatherapy Essential Oils for Relaxation and Stress Relief

Essential oils are made from flower, herb, and tree parts, like bark, roots, peels, and petals. The cells that give a plant its fragrant smell are its "essence." When an essence is extracted from a plant, it becomes an essential oil. It takes a lot of plant product to make essential oils.

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#### Essential Oils Guide THE ULTIMATE LIST OF BENEFITS USES

Applying essential oil to the skin is one of the smartest uses for essential oils, but only if you do it right. Because these oils are fat soluble, your skin can absorb them and their beneficial properties. However, because they are strong, you should not usually put them on your skin at full strength.

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## 101 Essential Oil Uses and Benefits Dr Axe

Essential oils have been used for more than 5,000 years for natural remedies for various conditions and also to improve the health of skin, hair and body, or to make DIY recipes. Learn about the top 101 essential oils uses as well as many essential oil benefits.

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Young Living Welcomes Sarah Bjorgaard as Vice President of Beauty Essentials. Young Living Essential Oils, the world leader in essential oils, announced today that it has hired Sarah Bjorgaard as vice president of Beauty Essentials. Sarah joins the Young Living Global Leadership team with 25 years of experience in direct sales in http://ebookslibrary.club/download/Therapeutic-Grade-Essential-Oils-Young-Living-Essential-Oils.pdf

# **Essential Oils Organic Essential Oils Mountain Rose Herbs**

Essential Oils We offer the largest selection of 100% pure, certified organic, and high-quality essential oils from farm to bottle. Perfect for aromatherapy, skin and hair care products, natural cleaning formulas, soap making, DIY recipes, and so much more.

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