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Diffuser Recipes: How to Use Aromatherapy and Essential Oils for Better Health, Sleep and Weight Loss (Paperback)

By Kendra Fransen

Createspace Independent Publishing Platform, 2017.
Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. ESSENTIAL OIL RECIPES FOR HEALTH - TO USE IN YOUR DIFFUSER This book will accelerate your understanding of how essential oils and combinations of them can help with a variety of health conditions to ensure your wellbeing. The beauty and wellness industry often markets their products as with the goodness of essential oils. When you go to buy the products you will notice, however, that although they are made from essential oils, they are also laced with other chemical agents which may not be a good solution in the long term. So what does one do if they want the goodness of essential oils but without having to opt for over the counter products? The answer is simple - make your own recipes for health, beauty and wellness using essential oils. For the uninitiated, this book will serve as a perfect guidebook for essential oil diffuser recipes, which can be made from the comfort of your home, without denting a hole in your pocket. To make it easy for you to find the recipes you would like to try, the book...



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