



## Aromatherapy Recipes: Simple Aromatherapy Blends and Essential Oils for Beginners. Massage Oils for Wellness, Beauty and Relaxation

By Marta Tuchowska

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Discover an endless aromatherapy pleasure.and.Create your home spa with custom made massage oils. The rituals of aromatherapy and therapeutic essential oils are waiting for you. Join my Aromatherapy Spa Lovers Club and let aromatherapy blends work for your health, balance, beauty, wellbeing and relaxation! \*\*\*If everyone treated themselves to an aromatherapy treatment daily, the world would be a better, peaceful place. \*\*\* However, aromatherapy is not only about aromas or pleasant rituals for relaxation. The essential oils have been known and used for their therapeutic and healing properties for ages. As a massage therapist I specialize in aromatherapy massage. I just find it really fascinating that depending on a way you blend the oils you can customize the treatment and adapt to clients needs. Over the years I have developed a practical, intuitive approach that I would like to teach you. I have created this book to share some of my favorite aromatherapy recipe blends that you can get started on immediately so as to improve your quality of life and wellbeing. The multi functionality...



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