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## Essential Oils: Smart Guide to Using Aromatherapy and Essential Oils for Beginners: Essential Oils, Essential Oils Recipes, Essential Oils Guide, Essential Oils Books, Essential Oils for Beginners

By Brenda Blackie

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Essential Oils: Smart Guide to Using Aromatherapy and Essential Oils for Beginners The world has changed in recent years, and how! There is a never-before-seen emphasis on holistic health choices and good living. People are informed and interested and invested when it comes to making decisions that impact their well-being and peace of mind. If you, too, are enthusiastic about making little changes that can help your life in a big way, this guide is just the thing for you. We talk about one of the most discussed, yet still not fully understood, offerings of the healthcare revolution: essential oils. Essential oils have been around for decades but it is only in recent times that they've got their due. If the word immediately conjures up images of earthen pots, swirling incense fumes and dusty light peeking in through the curtains; you'll be surprised to learn that there is so much more to essential oils than just the sort of vague boho vibe we all associate with them!.



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