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## Essential Oils and Herbal Remedies Box Set: Essential Oils for Beginners Herbal Remedies Guide

By Linda H Harris

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\*\*\*\*\*. Essential Oils And Herbal Remedies Box Set (2 in 1)

Essential Oils for Beginners: How to Use Essential Oils to Reduce Stress, Lose Weight and Heal Your Body For many centuries, essential oils have had an important part in healing and medicinal purposes. Today, essential oils are again gaining in popularity as healthcare practitioners and consumers are discovering the many great benefits they can provide. This book offers readers a comprehensive guide to not only understanding essential oils, but also in how to use them. It will explain exactly what these essential oils are, how you can use them, as well as where they originated. The book offers a summary of some of the benefits provided by many common essential oils, like eucalyptus, lavender and peppermint oils. Additionally, the book provides effective and easy-to-follow essential oil recipes to reduce stress, lose weight, treat acne as well as for use in hair and skin care. This informative book will show you how easy it can be to begin using essential oils in your daily life. Order...



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