



## Secret Benefits of Aromatherapy

By Sumeet Sharma

Sterling Publishers Pvt.Ltd. Paperback. Book Condition: new. BRAND NEW, Secret Benefits of Aromatherapy, Sumeet Sharma, Many of the techniques of alternative healing that have become popular today trace their origin to ancient systems of knowledge. Their scientific basis and relevance in modern life are only now being recognised and appreciated by medical research. Aromatherapy is a method of treatment that involves using essential oils to promote physical and emotional well-being. It is an ancient discipline that has withstood the test of time. This book captures the essence of aromatherapy and explains how certain oils can be effectively used to treat physical ailments. Aromatherapy is a safe and natural method which restores the balance of the body and promotes good health. An exotic way to heal yourself!.

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