



Essential Oils: Essential Oils (The Ultimate Beginner's Guide to Uncovering the Healing Benefits of Aromatherapy)

Abigail Cruise

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DISCOVER THE AMAZING HEALTH BENEFITS OF AROMATHERAPY AND ESSENTIAL OILS!!

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You're about to discover a whole new world of NATURAL healing that has become increasingly popular over the years.

If you want to experience what others are talking about then look no further. I can show you to start using aromatherapy and essential oils to live a better life! The amazing truth is that essential oils can be used:

- stress management
- weight loss
- as an effective antibacterial
- as an antiviral
- as an anti-fungal
- as an anti-parasitic
- to lower anxiety
- as a pain relief
- as immune system strengthening ehancer

WHAT'S INSIDE THIS BOOK: Inside my book, you will learn everything you need to know about about Essential Oils and how you can properly use them to better your health and your life.

Here Is A Preview Of What You'll Learn...

- WHAT IS AROMATHERAPY AND ESSENTIAL OILS?
- HOW DO ESSENTIAL OILS WORK?
- THE CHEMISTRY OF ESSENTIAL OILS
- ESSENTIAL OILS – METHODS OF EXTRACTION
- THE GRADING SYSTEM
- UNDERSTANDING PURITY AND QUALITY
- USAGE GUIDELINES FOR ESSENTIAL OILS
- DILUTING YOUR OILS
- WHERE SHOULD YOU APPLY ESSENTIAL OILS?
- HOW TO ADMINISTER ESSENTIAL OILS
- MASSAGE AND AROMATHERAPY
- BLENDING ESSENTIAL OILS
- THE TOP TWELVE ESSENTIAL OILS FOR YOUR BODY AND MIND
- THE TOP SEVEN CARRIER OILS

- BLENDING YOUR OWN RECIPES

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Arlene Oliver:

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Donald Jefferies:

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