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Reviews

It is really an remarkable book which i have ever go through. It can be writter in simple terms and not difficult to understand. I am just effortlessly can get a enjoyment of reading a composed pdf. (Dr. Lily Wunsch II)

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Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Essential Oils 101: A short and simple guide that will teach you and your friends about the power of essential oils and the pleasure of using them in every occasion! Buy this book and get a FREE BONUS: Proper Storage of Essential Oils Essential oils can enhance so many areas of your daily life. They re often used for immune support, relaxation and sleep, stress relief, emotional balance, skin care, respiratory health, green cleaning, and even muscle tension and pain. By definition, essential oils are are the vital fluids of plants. These fluids are necessary for the life of the plant and contain life force, intelligence, and vibrational energy that gives them therapeutic properties that we can harness and use through distillation. Essential oils are composed of tiny molecules that can penetrate every cell, crossing the blood/brain barrier and support out body systems at the most fundamental and basic level. But not all essential oils actually contain these therapeutic properties. Many oils found at general health food stores contain additives or chemicals and may contain plant juice to some degree but not like real essential oils. That s why it is important to know how the oil is processed and what claims can be made for using it. This short guide was designed as an introduction for beginners to the rich and fascinating world of Essential Oils. After purchasing this book you will learn. Chapter 1: Discarding Prevailing Essential Oil Myths Chapter 2: Facts You Should Know about Essential Oil Chapter 3: Safest Essential Oils for Beginners Chapter 4: Basic Methods of Using Essential Oils Chapter 5: Natural Treatments Using Essential Oils Much, much more! Read what others have to say....

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