



## Essential Oils Aromatherapy for Beginners the Beginners Guide to Making Your Own Essential Oils (Paperback)

By Lindsey P

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**Aromatherapy:** These essential oils have different properties that work to help you in breaking down fat in order to be fully absorbed by your body and turned into energy. They help curb your appetite and your midnight-snack cravings. They affect the part of the brain to help you relax and calm down instead of converting your anxieties and stresses into overeating. The essential oils discussed in this book will be your ally in keeping a regular exercise routine. There are various skin care problems that essential oils can cure. The most common are acne, wrinkles or aging skin, fungal infections, psoriasis, eczema and minor skin burns and wounds. We will discuss each problem in turn. Essential oils can also be used to promote great hair. These are just a few great features of essential oils! Popular and in trend why don't you try this book and see if you're on your way to becoming an essential oils lover too! Essential Oils Aromatherapy Sneak Peak: Using Essential Oils Skin Care Hair Care Carrier Oils...

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