



**Essential Oils: Essential Oils for Beginners:
Discover the Marvelous Uses of Essential Oils for
Health and Wellness (Essential Oils - Essential Oils
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Essential Oils

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All that You Need to Know about Essential Oils For Beginners

- BONUS – (LAST CHAPTER - bonus tips, bonus chapter, etc.)

Discover the Marvelous Uses of Essential Oils for Health and Wellness

Aromatherapy is not only for relaxation. It can also improve your mood and aid in relieving health issues. Massages using essential oils have been known to alleviate pain, ease stress, and improve blood pressure. It also helps with depression and anxiety.

Aromatherapy works by stimulating nerves in your nose that send signals to your limbic system. This is the part of your brain that has control over emotions you feel.

This book helps get you acquainted with many of the essential oils and the plants and trees from where they are derived from. Knowing where your medicine comes from and what it is made of will aid anyone who doesn't want to add any more to their existing health issues as allergic reactions can be fatal. The good thing about using essential oils is that it is primarily for external use. There are instances wherein these oils are ingested, but these cases are very rare and seldom since inhaling infusions already do the job well.

7 Reasons to Buy This Book

1. This book teaches you the different kinds of essential oil will address several of your emotional issues.
2. Inside this book you will also learn about the extraction process used in making these essential oils.

3. You will also learn about the essential oils that are good for health concerns such as stomach problems, heart disease, respiratory issues, and skin infections.
4. You will also learn how to use essential oils to change the mood in your house from dreary to happy, just by using the right kind of oil.
5. You will also find out how to use essential oils to create that overall experience for the holidays and other seasons.
6. Some of the most common problems with essential oils has also been addressed in the bonus chapter, which talks about the toxicity of these oils if not administered or used correctly.
7. This book will help you get started with your own essential oil collection in no time.

What You'll Know from "Essential Oils For Beginners"

- A basic list of Essential Oils and what they do
- Quick facts about extraction methods and the potency of the plant during harvest.
- Valuable information on the kind of emotional therapy you can do using essential oils. Anything from depression, to anxiety, to anger management.
- Information on what essential oil to use as treatment for particular health issues, and whether they should be taken externally or internally
- Important information on whether they are good to use for pets.
- Information on purchasing and storage of these essential

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From reader reviews:

Deborah Hagan:

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Patricia Rivera:

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