



# Aromatherapy and Essential Oils: A Beginners Guide (Lifestyle Guides Book 6)

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# **Aromatherapy and Essential Oils: A Beginners Guide (Lifestyle Guides Book 6)**

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## **Aromatherapy and Essential Oils: A Beginners Guide**

### **Essential Oils and Aromatherapy For Beginners, Made Easy!**

Comprehensive list of ailments and the oils that treat them!

Comprehensive list of oils and their wide range of uses!

Laid out in easy to follow question and answer format covering everything you need to know about getting started with essential oils including essential oils recipes.

The use of aromatherapy has once again become popular as people strive to reduce their use of prescription and over the counter medication. Modern medicine owes a lot to the use of plants to heal the human body and spirit but its use often comes with a great cost and that cost is not always financial.

Rediscover the power of nature, its healing herbs and free yourself and your family from the chains of prescription drugs with alternative medicine. Use the "Look Inside" feature of this essential oils book to see what it offers. The oils and the ailments are listed in the table of contents so that you can easily move back and forward to easily find the information you want.

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