



Essential Oils: The Beginner's Guide to the Power of Essential Oils (includes 100 Essential Oils Recipes!) (Weight Loss, Relaxation, Skincare, Immune System, Anti-Aging)

Helen Joyth

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Essential Oils: The Beginner's Guide to the Power of Essential Oils

This Beginner's Guide has everything you need to know about essential oils and includes 100 essential oils recipes!

If you want to know more about essential oils and put your knowledge into practice in order to lose weight, reduce stress, anxiety, cope with depression, pain, or even fight against aging, or boost your immune system, and repair some damage that your hair and skin suffered from, **the Beginner's Guide to the Power of Essential Oils is for you!**

There is medicine that has been around for over 10,000 years, with proven results; a remedy that has worked for weight loss, curing depression, relieving stress, boosting the immune system, and pain relief that is still very accessible today.

The "lifeblood" of plants are the "essentials" of plants. An essential oil is a natural, concentrated oil that is typically obtained by distillation and having the characteristic of the plant of which it was sourced. Essential oils come with no side effects and are 100% natural.

This beginner's guide contains everything that a beginner would want to know about the power of essential oils. Equip yourself with knowledge of the benefits of essential oils.

Upon completing this guide, you will have obtained information on the following:

- Essential Oil Therapy and how it differs from Aromatherapy
- Safety considerations when using essential oils
- The ten most popular essential oils and their benefits
- Essential oils for weight loss
- Essential oils for stress, anxiety, and depression
- Essential oils for pain relief
- Essential oils for anti-aging
- Essential oils for boosting the immune system

- Essential oils for skin and hair care
- ...and also, a compilation of one hundred of the greatest essential oil recipes and their best usage.

Immerse yourself within the Beginner's Guide to the Power of Essential Oils and finish with a fresh look into an alternate form of medicine. Let's get started...

Download your copy today for only \$0,99! It will change your life!

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