



Essential Oil Recipes: 47 Amazing Essential Oil Recipes for Weight Loss, Stress Relief And A Healthy Life! (Herbal Remedies, Aromatherapy, Anti Aging)

Jasmine Bennett

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Essential Oil Recipes

47 Amazing Essential Oil Recipes for Weight Loss, Stress Relief And A Healthy Life!

Are you curious about essential oils, but don't even know where to start? Would you like to lose weight, reduce stress, and deal with common health problems the natural way? Then this book is for you!


This book will get you up to speed on how to use essential oils to improve your life and health. Learn what all a few drops of peppermint can accomplish! Make a recipe to specifically help with getting stress eating under control! Learn about Mother Nature's all natural appetite suppressants! Find a recipe you can use to fight off cold and flu germs in your home or office! Learn how to blend essential oils to make your own all-natural disinfectant for cuts and scrapes!

So, are you ready to learn about essential oils?

Here is a preview of what you'll learn:

- Understand what essential oils are.
- Know the basics of how to safely use essential oils.
- Understand how to dilute essential oils with carrier oils.
- Recognize essential oils that work well for weight loss and what they do.
- Recognize essential oils that work well for dealing with stress and the special characteristics of each one.
- Recognize essential oils that work well during cold and flu season, including which ones kill germs, fight infections, and help with mild fevers.
- Have access to 47 recipes covering weight loss, stress, and health!

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From reader reviews:

Eleanor Williams:

Have you spare time to get a day? What do you do when you have much more or little spare time? That's why, you can choose the suitable activity regarding spend your time. Any person spent all their spare time to take a wander, shopping, or went to the Mall. How about open as well as read a book eligible Essential Oil Recipes: 47 Amazing Essential Oil Recipes for Weight Loss, Stress Relief And A Healthy Life! (Herbal Remedies, Aromatherapy, Anti Aging)? Maybe it is being best activity for you. You realize beside you can spend your time with your favorite's book, you can smarter than before. Do you agree with their opinion or you have various other opinion?

Jose Gray:

The book untitled Essential Oil Recipes: 47 Amazing Essential Oil Recipes for Weight Loss, Stress Relief And A Healthy Life! (Herbal Remedies, Aromatherapy, Anti Aging) is the reserve that recommended to you to study. You can see the quality of the reserve content that will be shown to an individual. The language that creator use to explained their ideas are easily to understand. The article writer was did a lot of analysis when write the book, and so the information that they share to you is absolutely accurate. You also could get the e-book of Essential Oil Recipes: 47 Amazing Essential Oil Recipes for Weight Loss, Stress Relief And A Healthy Life! (Herbal Remedies, Aromatherapy, Anti Aging) from the publisher to make you much more enjoy free time.

David Gilbert:

Playing with family in a very park, coming to see the water world or hanging out with buddies is thing that usually you might have done when you have spare time, in that case why you don't try issue that really opposite from that. Just one activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Essential Oil Recipes: 47 Amazing Essential Oil Recipes for Weight Loss, Stress Relief And A Healthy Life! (Herbal Remedies, Aromatherapy, Anti Aging), you may enjoy both. It is excellent combination right, you still want to miss it? What kind of hang-out type is it? Oh come on its mind hangout men. What? Still don't buy it, oh come on its named reading friends.

Patricia Ramirez:

What is your hobby? Have you heard in which question when you got pupils? We believe that that problem was given by teacher on their students. Many kinds of hobby, Everybody has different hobby. And also you know that little person just like reading or as examining become their hobby. You must know that reading is very important and book as to be the thing. Book is important thing to increase you knowledge, except your current teacher or lecturer. You see good news or update in relation to something by book. Different

categories of books that can you decide to try be your object. One of them is Essential Oil Recipes: 47 Amazing Essential Oil Recipes for Weight Loss, Stress Relief And A Healthy Life! (Herbal Remedies, Aromatherapy, Anti Aging).

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