



Aromatherapy : Healing Using Essential Oils And Aromatherapy Recipes: A Complete Guide To The Healing Art Of Aromatherapy And For Healing The Spirit

Safia De La Rouge

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You have probably heard the term Aromatherapy and wondered what exactly that funny word, 'aromatherapy' actually means. It is the use of plant oils in their most essential form to promote both mental and physical well being. The use of the word aroma implies the process of inhaling the scents from these oils into your lungs for therapeutic benefit.

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