



Essential Oils: Your Personal Guide to the Benefits of Essential Oils, 40 Best DIY Recipes and Natural Remedies for Beauty, Weight Loss and Healing (Homemade Beauty Products)

Abby Chester

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Staying healthy, finding cures, providing relief, remedies and even finding that perfect way to relax and calm down doesn't have to be difficult to do. As a matter of fact, there is an easier way to achieve all these without spending so much and worrying about negative side effects that you will usually get from harmful chemicals and other toxic or hazardous ingredients.

If this interests you, then you are in for a real treat. This book is dedicated to those who would like to explore the world of essential oil.

Reading the book will surely help you:

- Learn what essential oils are
- Understand their benefits, uses and the proper way to blend them.
- Make DIY essential oil projects to serve so many purposes
- Learn tips and tricks to make your blends easier to do.

Through this book, your home will be your very own apothecary, home improvement and doctor's office – all rolled into one.

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Joyce Murphy:

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