

# ESSENTIAL OILS - 25 Aromatherapy Essential Oil Secrets to Boost Healing, Weight Loss and Beauty (BONUS: Free Buying Guide!) (Aromatherapy for Alternative ... Essential Oils for Weight Loss and Beauty)

Sherryl Moffat



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"Thank you for your interest in my book! This book contains proven steps and strategies on how to use essential oils effectively to treat and relieve ailments and diseases as well as for beauty and weight loss."

Essential oils have been extensively used for well being, beauty products, cosmetics, household products and as a natural way of treating health conditions. As such, it is only right that you learn how to use essential oils and enjoy their benefits.

#### In this book, you will:

- Learn the various ways of using essential oils
- Discover 25 benefits of essential oils for health, weight loss and beauty

## **BONUS - Buying Guide Included for ALL Recipes** in this book!

Each essential oil offers a multitude of benefits that is beneficial for your health, beauty and weight loss. For greater efficacy, you should understand which essential oil works best for certain conditions. This way, you will be able to choose smartly which essential oils to blend so you can enjoy their full benefits.

This book will guide you in choosing the right combination of essential oils for your health, beauty and weight loss. Although commercial products are readily available, it is still best and safer to use natural. Essential oils are chemical-free and 100% natural; therefore, they do not harm nature and they are way safer than their laboratory-made counterparts.

Since the time of kings and queens, essential oils are already part of history. They have been used for fragrance, food spice, beverage flavoring, massage oil and as a treatment for many illnesses and diseases. Although medical research is scarce, history has proven that essential oils really work well.

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