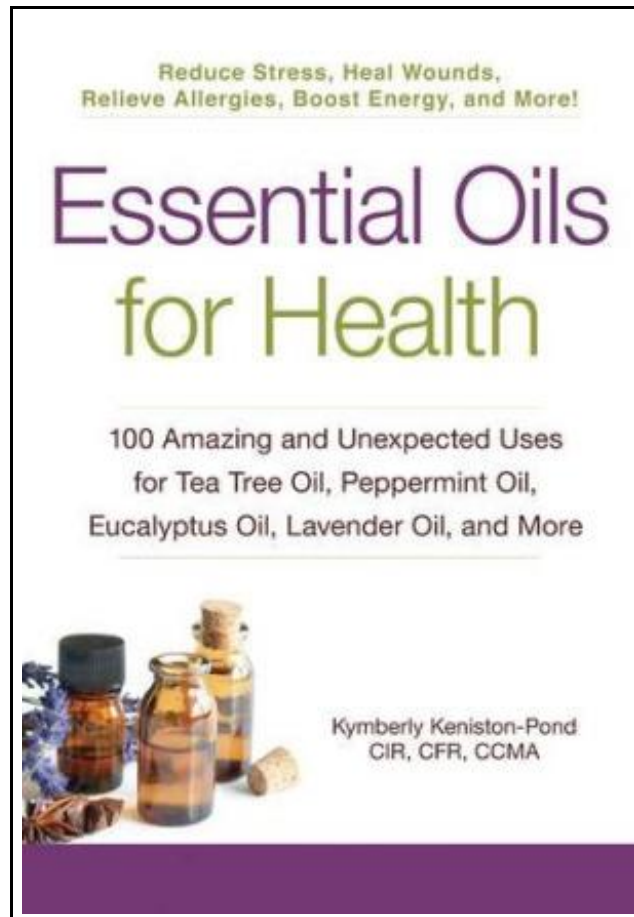# Essential Oils for Health: 100 Amazing and Unexpected Uses for Tea Tree Oil, Peppermint Oil, Eucalyptus Oil, Lavender Oil, and More

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Reviews

The book is straightforward in go through better to understand. it had been writtern quite flawlessly and valuable. You can expect to like the way the author publish this book.
(Reyes Murphy)

ESSENTIAL OILS FOR HEALTH: 100 AMAZING AND UNEXPECTED USES FOR TEA TREE OIL, PEPPERMINT OIL, EUCALYPTUS OIL, LAVENDER OIL, AND MORE

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Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Essential Oils for Health: 100 Amazing and Unexpected Uses for Tea Tree Oil, Peppermint Oil, Eucalyptus Oil, Lavender Oil, and More, Kimberly Keniston-Pond, Discover the power of pure essential oils! From tea tree and lavender to eucalyptus and peppermint, essential oils have been praised for their ability to lift moods, treat common health ailments, and enhance one's appearance. Essential Oils for Health shows you how to use the all-natural oils in your daily health and beauty routine, from controlling emotional stress to clearing sinuses to smoothing fine lines and wrinkles. Featuring step-by-step instructions and plenty of helpful tips, this book offers 100 essential oil recipes that help: * Promote healthy skin, hair, and nails * Boost memory retention and concentration * Reduce stress, anxiety, and fatigue * Treat unsightly blemishes, itchy insect bites, and sunburns There's really nothing essential oils can't handle--from curing insomnia, to improving digestion, to relieving sore muscles--and all without the need for dangerous chemicals or costly procedures. With Essential Oils for Health, you'll discover all the benefits that a few drops of essential oil can bring.

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