



108 Aromatherapy and Essential Oils Recipes for Each Moment of Your Life: Top Essential Oils Recipes for Weight Loss, Beauty, Anti-Aging, Natural Cleaning, Natural Cures and Healthy Lifestyles

Kamilla Mirza

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This book contains proven steps and strategies on how to use essential oils for aromatherapy involving children, meditation, romance, and to boost energy levels.

Aromatherapy and essential oils have been around for quite some time, and there're some excellent reasons as to why this practice is still performed today across the globe. The number one reason is because it works! Aromatherapy and essential oil therapy help alleviated symptoms of many illnesses and will bring your body back to balance.

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