



**ESSENTIAL OIL FOR BEGINNERS: Change
your Life with Essential Oils and Aromatherapy,
Discover Advanced Tips for Weight Loss, Stress
Relief and Beauty (Essential ... oil recipes,
Aromatherapy book 1)**

Nichole Brandon

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Aromatherapy is a well-documented and proven method for curative treatments using the scents and other properties of plant material. Whether you are just starting to use essential oils or has been using it for a while, this book will have something for everybody to try. **You will discover more than 50 essential oils and notice an improvement in your overall health and well-being**

This Essential Oils Book will Teach you:

- Practical and safe ways to use essential oils in your everyday life
- Common essentials oils to use in your weight-loss regime
- Essential oils blends and recipes to fight the fat and cellulite
- Important Essential oils to consider when dealing with stress
- How to look and feel younger with essential oils

Here's a preview of what you'll find inside this book

- What is aromatherapy?
- Aromatherapy and Essential oils in history
- Harvesting, extraction and storing your Oils
- Blending oils – Making your own blends
- How to use essential oils and common dosage
- Common essentials oils to use in your weight-loss regime
- Essential oils blends (recipes) to fight the fat and cellulite
- General Fat Massage Oils
- Cellulite Busting
 - Recipes to fight Cellulite
- Stress relief and relaxation recipes
- Beauty-Looking and feeling younger
- Cleansing paste
- Exfoliating scrubs
- Steam treatments for your face
- Facial oil recipes
- Away with Wrinkles

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Take action now and enjoy the Benefits of Aromatherapy and Essential Oils

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