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Essential Oils: 50 Best Essential Oil Recipes - Discover The Magic Power Of Essential Oils And Natural Remedies For Abundant Health, Beauty And Longevity! (Aromatherapy, Essential Oils For Beginners)

Christine Brown

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Essential Oils

50 Best Essential Oil Recipes - Discover The Magic Power Of Essential Oils And Natural Remedies For Abundant Health, Beauty And Longevity!

If you’re looking for a way to naturally enhance your beauty, health, and overall longevity then look no further. Essential oils have been used for thousands of years for various uses. As of late they have come back into popularity and have helped millions of people with health issues, induce relaxation, and have even been shown to make the outer beauty even more beautiful. Here you will find many recipes that even a beginner can use.

- Health Recipes
- Beauty Enhancement Recipes
- Longevity Recipes

In the first chapter you’ll find ways to boost the immune system, cure bug bites and sunburn, as well as have relaxing baths that lower blood pressure. Your health is important and essential oils can help eliminate pesky things like Athlete’s foot, that smoking habit, constipation, aching joints, and even ear infections. In the beauty section you’ll find that you can make your own beauty products from shampoo to stretchmark remover cream. By making your own beauty products you eliminate the chemicals that come in the store bought products that cause cancers. Within the longevity chapter you’ll find recipes to help reduce stress and anxiety as well as boost your memory. These recipes can be used in several different ways, but here you’ll only find recipes that are topical or used in a diffuser. There are no edible recipes because you should consult a physician before taking anything. There are many benefits of topical and diffuser recipes, so edible recipes should not concern you too much.

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Avis Marguez:

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