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Essential Oil for Beginners: 30 Amazing Essential Oils and Aromatherapy Recipes for Beginners: (Essential Oils, Essential Oils Recipes, Beauty Supplies, Aromatherapy)

Sally J. Sanford

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Did your boss give you extra tasks that had you staying two hours longer at the office? Did you just get the most challenging project from your professor? Do you need time to relax and unwind, or maybe bring relief to some aches and pains you are feeling? People cope with certain situations in their lives differently. Some may result to some R&R or seek medical help depending on the situation. In this book, you will find basic uses for essential oil that can help you with stress and other ailments naturally.

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