

# Essential Oils Beginners Guide

A still life composition featuring a small glass bottle of essential oil, a lemon slice, lavender flowers, and rosemary sprigs on a wooden surface. The bottle is dark brown with a white cap and is lying on its side. The lemon slice is bright yellow and is placed in the foreground. The lavender flowers are small and purple, and the rosemary sprigs are green and needle-like. The background is a soft, out-of-focus wooden surface.

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# Essential Oils Essential Oils For Beginners

**Gina Preville**



## **Essential Oils Essential Oils For Beginners:**

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maladies that modern medicine just can't seem to fix while costing a small fortune yet the solution is quite literally just under our noses in the form of essential oils. Essential oils have been hitting headlines lately and with good reason: these natural oils have been shown to help with health issues of all kinds, offering aromatherapeutic benefits to people of all ages. Now you can learn which essential oils to use, how and when to use them, with this complete guide, the first on the market. You'll discover everything you need to know about thirty premium essential oils, including where you can purchase them and how you can then mix them to create a wonderful smelling concoction that helps you finally get rid of what ails you. You'll also discover what to avoid and how much you should be paying, all while discovering over 50 recipes that tackle common health issues and the best method to apply these essential oils for maximum exposure and benefit. Here are just some of the very real benefits readers can derive from this book:

- Which essential oils are safe to use for pregnant or breastfeeding women?
- How you can use essential oils for weight loss.
- Which essential oils relieve stress?
- Which essential oils are toxic and safety instructions for dealing with any essential oils.
- An essential oils complete guide for purchasing and using for issues like hair loss, wrinkles, acne, anxiety, etc.
- What are the best brands of essential oils and which is the best smelling essential oil?
- How to store essential oils.
- How to instantly boost your energy with the power of essential oils.
- Which essential oils are best for relieving your seasonal allergies?
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Mary Jones, 2017-05-16

Are you worried about the side effects of pharmaceutical medicines? Discover natural solutions to safely treat a wide variety of common health issues. Are you struggling with health problems like acne, anxiety, or allergies that just won't go away? Have your efforts to cure your ailments with modern medicine made you more sick in the process? Author Mary Jones discovered the healing power of essential oils in her youth when searching for alternatives to pharmaceutical medicine. Now an essential oil expert, Jones shows you how these inexpensive and age-old remedies provide the power of self-healing.

*Essential Oils for Beginners: The Where To How To Guide For Essential Oil Beginners* is a comprehensive resource that demonstrates the power of essential oils. Inside, you'll discover everything you need to know about the top 30 essential oils and the amazing aromatherapy benefits of these natural medicines. An in-depth guide to the best essential oils for every situation, Jones' book is your ultimate reference to banishing modern-day ailments. In *Essential Oils for Beginners*, you'll discover over 50 unique essential oil recipes to treat common health issues. Which essential oils to

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