



## Aromatherapy: How to Use Natures Remedies to Improve Your Health and Wellbeing (Paperback)

By Faye Froome

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Aromatherapy. How to use natures remedies to improve your health and well-being Discover the magic of essential oils and natural remedies Study the secrets of aromatherapy; discover the history of an ancient practice which has been used successfully for centuries; learn how to apply it to your life and how to benefit both physically and mentally from its use. You will also find recipes which will enable you to create soaps, skin care products and much more which you can adapt to suit your body or give as gifts to friends and family. So what are you waiting for, get your copy now and discover the wonderful world of aromatherapy Essential oils are the complete essence of a plant and contain no added ingredients. The leaves, flowers, stems, roots, bark, in fact any part of a plant can be used to make essential oil. Simply put, they are the very spirit of the plant that has been extracted and bottled. Discover how to use the essential oils mother nature provides us to alleviate such problems as depression, anxiety, and...



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