



Essential Oils: The Definitive Bible: (Aromatherapy, Stress Relief, Enhancing Life, Beauty, Youth, Energy) (Paperback)

By Dr Philip Ozz

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.This #1 Best Selling Critically Acclaimed Book is now available Globally on Amazon - Download it Now! This book is your definitive resource on the getting started with Essential Oils to Change your Life TODAY!! Essential oils have been used since ancient times as a valuable healing tool. The ancient Egyptians are thought to have been the first people to extract these valuable oils and the Romans and the Greeks used them extensively in order to promote healing and good health. The use of essential oils falls under the category of aromatherapy. It is considered a natural or complimentary therapy that acts at different levels to provide a holistic treatment option. The oils are able to balance both body and mind. They have regenerative and restorative properties that make them useful in helping you to look and feel amazing. If you are someone with minimal or essential oils experience, this book is for you. We ll get you started quick. If you re someone who has a little more experience, this book is also for...



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