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Essential Oil Magic For Quick Healing: 60+ Admirable Recipes Guide on Essential Oils for Relaxation and Good Sleep, Natural Remedies, and Energizing Effect (essential oils, aromatherapy, coconut oil)

Helen Turner

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Are you interested in using essential oils for your everyday ailments?

Do you often find that you're unable to sleep through the night, or you can't seem to relax before bedtime?

Are you constantly dozing off in the middle of the day from lack of sleep at night and lack of energy during the day?

Then you might benefit from trying some essential oils in order to help you get a good night's rest and help you feel energized throughout the rest of the day! Essential oils have been used for hundreds, maybe even thousands, of years and we're just getting back to our ancestor's practices when it comes to everyday complaints. They knew what they were doing when they heated up oils and placed them in sick rooms hundreds of years ago, or rubbed them on chakra points throughout their body in order to reap the benefits.

Here is what you will learn after reading this book:

- The extraction techniques companies use in order to obtain the oils, and which one is best for your health
- How to find good, quality oil that will last a while and will work wonders on your body and your mental health
- The benefits of using essential oils
- How to use essential oils properly so that you do not endanger yourself or anyone else
- Problematic contamination of essential oils and how to avoid them
- Sixty recipes for relaxation, energy, and a good night's sleep
- And much more!

Getting Your FREE Bonus

Download this book, and find **"BONUS: Your FREE Gift"** chapter right after the introduction or after the conclusion.

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