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Essential Oils for Beginners: Get Started with Aromatherapy! Use the Power Of Essential Oils To Improve Your Health

Barbara Perez

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Are you interested in the benefits and the uses of essential oils and aromatherapy, but your tight budget and lack of time prevent you from going to the spa that often? Do you have sensitive skin or are you allergic to the synthetic compounds found in commercial beauty products, so you want to learn how to make natural makeup based on essential oils? Do you want to enjoy the relaxing power of aromatherapy in your home? Do you wish to use non-toxic sprays to refresh your home and repel pests from your garden? This book will show you how to do all of that.

Here is what you will learn after reading this book:

- The 10 basic features and uses of essential oils
- The 5 key methods to test the quality and purity of essential oils
- How to harness the power of aromatherapy
- How to get started with the 15 most popular essential oils by making simple homemade recipes and remedies that use these oils
- How to make 15 natural essential oil beauty products
- How to make 8 homemade relaxing essential oil blends that will ease stress
- How to prepare 10 non-toxic essential oil blends for your home and garden

Bring the smell of spring into your home, relax after a nerve-racking day at the office, boost your memory and concentration and do your hair, face and skin a favor all with the use of the exceptional powers of essential oils!

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Carolyn Treece:

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