



Essential Oils for Beginners: Use the Power of Essential Oils Aromatherapy for Healthy Living (Paperback)

By Steven Ballinger

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.As more and more Americans are becoming aware of the risks that come with being overweight, weight loss programs and diet menu plans have never been in great demand as they are today. However, there are people who can't seem to get the right formula to lose excess weight even though they've tried everything. This book is for them and for all those who simply want to lose weight. Ultimate Guide to Weight Loss: How to Lose Weight Using Essential Oils Aromatherapy will give you tips on how you can lose weight with the use of essential oils and aromatherapy. You will also learn more about aromatherapy and its benefits as well as how to make your own oil combinations. This book has all the information that you need to effectively lose weight while incorporating aromatherapy and essential oils into your routine. With the help of this book, you will discover that essential oils and aromatherapy have a lot of other uses aside from the relaxing effect you can get from spas and...



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