

Essential Oils: Detailed Essential Oils For Beginners Guide For Physical and Emotional Health - Including FREE 50 DIY Essential Oil Recipes ebook

Matt Hall

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There are many essential oil books out there, but very few are written by experts that really know what the complex details of essential oils. The Halls have spent years traveling the world teaching thousands of people about the amazing benefits essential oils can have. Their personally journey began when Seantay started experimenting with essential oils for depression while living in Asia. Discovering the amazing potential of essential oils she quickly became an ambassador for the oils. The Halls understand the science behind essential oils and appreciate how hard it is to find truly pure essential oils. They are dedicated to educating and empowering the masses with the these amazing tools nature provides.

Along with this ebook you are going to be able to get access to their 7 Day Essential Oil E-Course where you can learn more in depth about the history, science, and application of essential oils. You will also get access if you choose to a free 50 DIY (do it yourself) Essential Oil Recipes ebook with recipes like for things like:

- Natural deodorant
- Ginger lime sugar scrub
- Essential healing salve
- Natural herbal hairspray
- Natural yoga mat spray
- and 45 other recipes you will love!

In this book you are going to learn about...

- What are essential oils?
- The History of Essential Oils
- How to find pure essential oils
- Using the essential oils aromatically, topically and internally
- Safety precautions when using essential oils
- Essential oils for weight loss
- Essential oils for stress
- · Essential oils for anxiety and depression

- Essential oils for sleep
- Essential oils for digestive issues
- Essential oils for respiratory issues
- and so much more!

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