

ESSENTIAL OILS FOR BEGINNERS

**1,001**

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Ways to Use

**ESSENTIAL OILS**

By  
Beth Jones

including  
61  
essential oils



# 1 001 Ways To Use Essential Oils Including 61 Essential Oils

**Lingsheng Yao**

## **1 001 Ways To Use Essential Oils Including 61 Essential Oils:**

1,001 Ways to Use Essential Oils - Including 61 Essential Oils Beth Jones,2014-11-10 Over the last decade there has been a resurgence in the use of essential oils to treat various physiological and psychological conditions as people turn to complementary therapy to help solve their health problems Whether you suffer from insomnia hives depression poor circulation or panic attacks each essential oil will have individual properties and characteristics which promote natural healing by stimulating and reinforcing the body's own mechanisms 72 conditions are covered in 1 001 Ways to Use Essential Oils along with the various therapeutic actions of 61 essential oils This book is designed to provide you with the information and knowledge you require to incorporate these medicinal miracle oils into your daily life

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