



Essential Oils Box Set: Beginner's Book on Uses of Essential Oils Plus DIY Recipes (Meditation & Relaxation)

Vanessa Riley, Kathy Chen, Nathan Vance

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Essential Oils Box Set

Essential Oils! The Amazing Beginners Book on the Different Mind-Blowing Uses of Essential Oils

Essential oils are something that many have started to use. But did you know that essential oils can help you with everyday issues? That's right, these magical oils can change the way things are and improve your life in many ways. This is a beginner's book on how to use essential oils and the benefits of them. Essential oils can do a whole lot, and this book will give you a beginner's understanding as to what they are, what they can do for you, and how you can improve your life with this simple thing.

The Wonders of Coconut Oil: Health, Diet and Beauty Uses to Make You Beautiful Inside and Out

Have you seen the lists of celebrities endorsing the use of coconut oils for beautiful hair, weight loss, great complexions and more? Have you wondered if there is actually any science behind it? This book takes a look at some of the more popular uses for this multiuse oil to see just how scientific they really are.

Forget taking a celebrity's word for it or even just trying it for yourself and hoping for the best! Read about the science behind coconut oil and find out why it makes a great moisturizer and hair mask.

Whether this is your first time trying something natural like coconut oil in your daily routine, or whether you are simply adding in another step of holistic treatment into your routine, this book makes sure to give you the skinny of all of the most popular applications of the world's most popular currently trending oil.

Forget the books that give you the top tips, the hottest news and the best ways to use coconut oil, 'The Wonders of Coconut Oil: Health Uses and Beauty Benefits' offers all that and more!

Here is a preview of what you will learn from this book:

- What coconut oil is and the difference between refined and unrefined coconut oil.
- Benefits of adding coconut oil to your daily diet.
- Coconut oil and it's benefits to your health.
- Coconut oil and it's applications in your beauty routine.
- And Much More

Once you learn all that we have to teach you about the benefits of using coconut oil in your daily routine, you won't be able to live without it!

Homemade Essential Oils: Amazing DIY Recipes for Aromatherapy on a Budget

Everyone has a nose, and know that our sense of smell is a powerful mechanism, alerting us to danger or allure at the very first scent. If you have experienced any particularly strong smells, you already know that we depend on it for survival. Yet the value of aromatherapy is so much more.

If you want to understand how aroma affects your personality and demeanor, this is the book for you. If you hope to actively pursue a better life through common scents, this book is for you too. If you simply must turn around the odors that permeate your life, this book will help you sniff out the solutions.

Inside You Will Learn:

- The Keys to the Ancient Art of Aromatherapy
- How to Develop an Acute Sense of Smell
- How to Use Aromas to Impact Mood and Attitude
- How to Create and Maintain the Scents you Want
- Pet-safe and Child-safe Methods of Aroma Dispersal
- Health and Well-being Improvement through DIY Aromatherapy
- How to create a Signature Scent
- The science of Smell
- And Much More

Once you learn the basics of Aromatherapy, you will have recaptured the secrets of Scent. It will empower your own life and give you the ability to impact others giving them an eye-opening olfactory awakening.

Don't wait for a better time; this is it! Learn how to use common scents – and surprising sources – to change forever your environment and your home.

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Jessie Nathan:

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Shalon Fisk:

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James Hutchinson:

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new friend when you're really feel alone and confuse with the information must you're doing of their time.

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