



# Essential Oils: The Best Beginners Guide Book for Essentials Oil Recipes, Aromatherapy, Weight Loss & Stress Relief

*Elizabeth Grant*

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## ***Here Is A Preview Of What You'll Learn...***

This book contains proven steps and strategies on how to use essential oils for stress relief, weight loss, and aromatherapy.

The use of essential oils has gone on for thousands of years. In fact, it goes so far back that historians cannot

trace it any further due to the inability to find anymore written artifacts. You see, essential oil usage has gone on so long that it occurred before humans were able to coherently organize thoughts with words. By now, we've been able to hone in on the curative properties of essential oils to find the perfect blends for ridding ourselves of emotional, physical, and mental ailments using various techniques.

In this book, I'm going to teach you all about essential oils, such as how you can determine if an essential oil is of high quality, what you can do with essential oils pertaining to weight loss and stress relief, and how you can use essential oils for aromatherapy. I'm also going to go more in-depth about aromatherapy because it's one of the main uses of essential oils. In that regard, I'm going to teach you what aromatherapy is and how it works, how you can use aromatherapy at home for stress relief and weight loss, and how you can find a qualified practitioner in your area.

*As a bonus, at the end of the book I'm going to give you a directory of essential oils and what their uses are so that you can start making your own blends today.*

**Satisfaction is 100% GUARANTEED!**

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