

## Essential Oils: 120 Amazing Recipes for Your Mind, Body and Soul



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## ESSENTIAL OILS: 120 AMAZING RECIPES FOR YOUR MIND, BODY AND SOUL



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Essential Oils 120 Amazing Recipes For Your Mind, Body and Soul As long as natural solutions will be preferred by the human race, it will get ease and vitality. No matter how much advancement the technology makes, yet the long lasting solution to the problems of human health and body issues lies in close connection and utilization of natural materials. One such natural miracle, available for our use is a whole range of essential oils. In this book the foremost issue and focal point has been the awareness which needs to be enhanced, regarding the utility of essential oils for many different health and beauty issues. So the manuscript of this book has been categorized into a discussion portion about essential and a whole topic for explaining the essential oil recipes. The essential oil recipes have been elaborated which will make it easy to follow. The highlighting discussions which will be presented to the readers of this book will relate to the following major issues, pertaining to the central idea of essential oils: Some introductory opening information regarding the origin and utility of essential oils , to enable the reader learn about the phenomenal utilities of essential oils Some easy to go recipes of essential oils, which can be prepared at home, within no time, but present broad uses, in almost all kinds of health and body issues. These recipes are listed for assorted everyday uses at home.



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