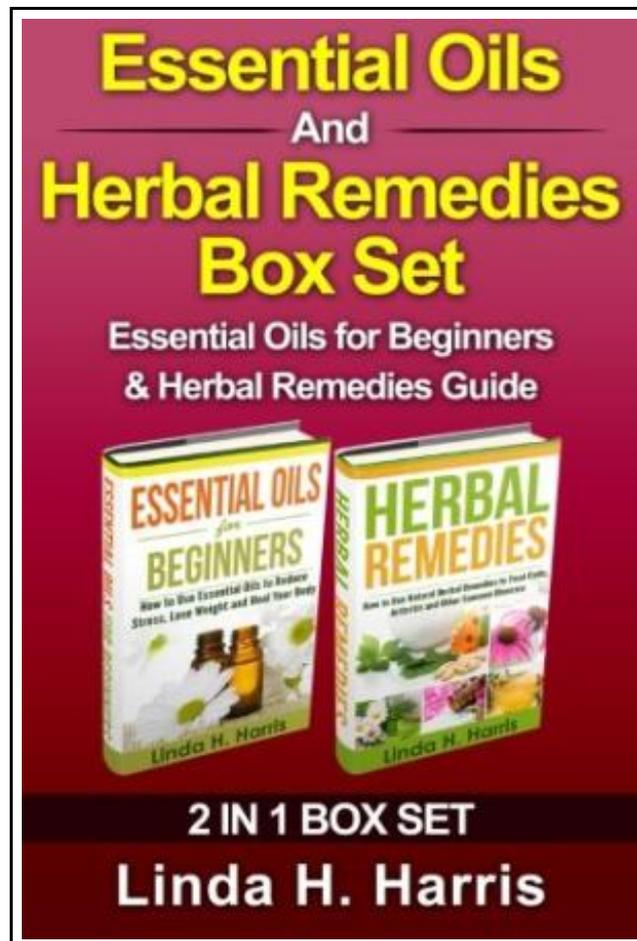


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Essential Oils And Herbal Remedies Box Set (2 in 1) Essential Oils for Beginners: How to Use Essential Oils to Reduce Stress, Lose Weight and Heal Your Body For many centuries, essential oils have had an important part in healing and medicinal purposes. Today, essential oils are again gaining in popularity as healthcare practitioners and consumers are discovering the many great benefits they can provide. This book offers readers a comprehensive guide to not only understanding essential oils, but also in how to use them. It will explain exactly what these essential oils are, how you can use them, as well as where they originated. The book offers a summary of some of the benefits provided by many common essential oils, like eucalyptus, lavender and peppermint oils. Additionally, the book provides effective and easy-to-follow essential oil recipes to reduce stress, lose weight, treat acne as well as for use in hair and skin care. This informative book will show you how easy it can be to begin using essential oils in your daily life. Order this helpful book and discover a new way of healing and soothing your mind and body. Read these two books for FREE on Kindle Unlimited - Download Now! Herbal Remedies: How to Use Natural Herbal Remedies to Treat Colds, Arthritis and Other Common Illnesses Many people are finding that modern pharmaceuticals don t come without side effects and other factors that could be dangerous to their health; so, they are turning to more natural health solutions. Whether it is treating a headache, chronic condition or the common cold, there are herbal remedies that will help you feel better. In fact,...



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