



Aromatherapy and Essential Oils for Beginners: Discover the Phenomenal Powers of Essential Oils to Relax, Revitalize, and Revolutionize Your Health ... Spa, Essential Oils, Aromatherapy) (Volume 1)

By Marta Tuchowska

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De-Stress with Essential Oils & Aromatherapy: Restore Balance, Vitality and Zest for Life in Just a Few Minutes a Day!

You're about to discover the wonderful world of essential oils and aromatherapy. Indulge in the most effective and easy-to-perform techniques based on the science and art of aromatherapy and other amazing natural therapies

Ready to feel and look amazing? Read on...

Essential oils and natural remedies are the best way to restore your energy levels, rejuvenate your body, mind, and spirit and relax in a holistic way. You don't need to spend tons of money at your local spa. You can create your healing rituals wherever you want, whenever you want and as much as you want.

Some Benefits of Essential Oils and Aromatherapy:

- Stress Reduction
- Body & Mind Detox
- Illness Prevention and Relief
- Weight Loss (essential oils help you relax and prevent emotional eating)
- Pain Relief
- Anxiety Reduction

- Better Sleep
- Better Sex Life**
- Better Focus and Concentration

This detailed guide is perfect for beginners. Everything is explained in simple, easy to understand steps so that you can instantly benefit from the amazing benefits of aromatherapy & essential oils.

Here Is A Preview Of What You'll Learn from "Aromatherapy & Essential Oils for Beginners":

- The holistic view of aromatherapy and aromatherapy treatments
 - How to combine different natural methods to fight stress effectively**
 - How to mix vegetable and essential oils
 - How to employ aromatherapy to fight various stress-related imbalances**
 - How to prepare natural face masks for beauty and relaxation
 - Specific blends and natural treatments for anxiety, insomnia and stress**
 - The healing herbal infusions and juices at your home spa
 - The benefits of using essential oils (health, beauty, healing)**
 - How to restore your energy levels
 - How to create a truly relaxing atmosphere at your home spa**
 - More holistic spa therapies and relaxation techniques with a bonus chapter for you to discover!
- So..what are you waiting for?

Look Younger and Feel Better - Experience the Healthy, Holistic Benefits of Essential Oils and Aromatherapy!

Simply scroll to the the top and order your copy today to get instant access!
It's your Health and Beauty, so take control today!

Take action now and enjoy the benefits of Aromatherapy and Essential Oils!

Tags: Essential Oils, Essential Oils For Weight Loss, Essential Oils for Beginners, Aromatherapy, Aromatherapy Recipes, Aromatherapy for Beginners, Healing, Holistic Health, Detox

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Editorial Review

About the Author

Marta Tuchowska is a passionate holistic wellness coach and author on a mission. She wants to help you create a healthy body, mind and spirit through a balanced lifestyle. Marta has a strong background in healing and health (certified in massage therapy, holistic nutrition, aromatherapy and Reiki), and she infuses her natural therapy knowledge with motivational and lifestyle coaching as well as NLP to help you create a life full of energy, health and happiness. Marta wants to make it easy, doable and fun. She calls it holistic lifestyle design for modern, 21st-century, busy folks! Join the exciting journey of total body and mind transformation at: www.HolisticWellnessProject.com.

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Earline Shepler:

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