



# **Essential Oils Recipes: Essential Oils and Aromatherapy for Weight Loss, Stress Relief and Happiness ( Essential Oils Guide, Aromatherapy, Young Living Essential Oils Guide,Essential Oils for Baths)**

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## **WELCOME TO THE FASCINATING WORLD OF AROMA**

**Essential oils have made it so EASY to ditch the toxins and use natural recipes for cleaning my home and even DIY beauty products. I feel SO much better knowing I'm not using dangerous chemicals around my family and my pets...**

This book will take to you to a complete journey of weight loss and stress relief using essential oils. Essential oils not only help you in detoxification but they are also equally effective in making you lead a happy healthy life. Essential Oils are a must to be included in everyday routine so as to rid yourself from the harmful effects of the toxins you are exposed to. Let me take you on a journey that will enlighten your senses, wake up your desires and encourage you along the way to experiment by preparing your own aromatherapy recipes. Here I present all the necessary ingredients you need to add a spark of energy to your life. You may incorporate these recipes one by one to make your loved ones feel happy and energetic. You will feel more energetic with Basil essential oil therapy, and more relaxed and happy with your inner self as you explore your favorite essential oils. The book will also provide you with how you can improve the quality of your recipes and how you can get the most advantage out of them. These recipes are for everyone specially those who are interested in aromatherapy and essential oils. You will find valuable information in it and this book would also help you to design your path to a healthy life style that you have dreamt of.

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

- Overview of Essential Oils
- Aromatherapy
- Importance of Essential Oils
- Essential Oil Recipes
- Benefits of Essential Oils
- Essential Oils Recipes for Weight loss
- Essential Oils Recipes for Stress Relief
- Essential Oils – Way to Happiness

- Therapeutic Baths with Monoad Ditives
- Essential Oils for Baths
- Body Care at Home
- Baths for Body. Recipes of Baths for Body
- Baths for Dry and Dehydrated Skin
- Baths for Sensitive and Irritated Skin

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