



## Essential Oils: Bible for Beginners: More Than 250 Recipes for Anti-Aging, Weight Loss, Skin, Hair and Health Care by Way Of: Aromatherapy, Infusions, Inhalations, Baths, Massages. (Paperback)

By Andrew Costei

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This book is meant to draw the reader s attention on alternative preparations that can be used to preserve body health and beauty. You will learn about using essential oils in maintaining healthy skin, hair and nails protection, weight loss, streng then immunity and prevention of many diseases. The book contains more than 250 recipes and directions, in the use oils in everyday life. Try to use the gifts of nature to find their true value.



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### Reviews

*Completely essential read publication. It is really basic but excitement in the fifty percent of the book. You will not really feel monotony at anytime of your respective time (that's what catalogues are for about in the event you ask me).*

-- **Lexie Paucek PhD**

*The publication is simple in go through preferable to fully grasp. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Mrs. Josiane Collins**