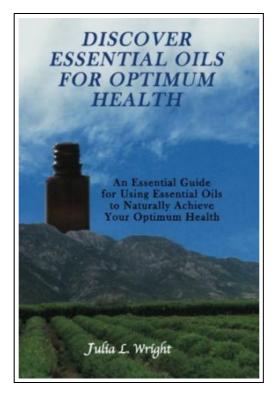
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(Lexie Paucek PhD)

DISCOVER ESSENTIAL OILS FOR OPTIMUM HEALTH: AN ESSENTIAL GUIDE FOR USING ESSENTIAL OILS TO NATURALLY ACHEIVE YOUR OPTIMUM HEALTH (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English. Brand New Book ****** Print on Demand ******. Discover Essential Oils for Optimum Health is an introduction to essential oils for anyone interested in discovering a more natural approach to gaining optimum health for themselves and their family. Many of people find themselves dealing with health challenges that could have been avoided with simple consistent healthy habits that have stood the test of time. Adding Essential Oils into your daily routine can help turn around your life and set you on a pathway to optimum health. Essential oil uses offer a holistic healing option when used in massage or aromatherapy as a natural approach to resolving many health challenges. Discover Essential Oils for Optimum Health is designed to help you better understand the many health benefits of essential oils. Aromatherapy with essential oils benefit people suffering from headaches, anxiety or depression. Individual users of aromatherapy benefit by using therapeutic grade essential oil as a natural insomnia remedy that help sleep better. Alternative holistic health practitioners such as Massage, Craniosacral and Lymphatic therapists discover when they integrate therapeutic grade essential oils into their practices there are many healthy benefits for their clients. Massage therapists often find that by using essential oils in massage therapy sessions it helps to relax muscles and relieve pain. Essential oil treatments help a client relax their minds and body more easily. Essential oils are more potent than dried herbs. A single drop contains a very potent distillation of each plant s healing properties. Essential oils are the distillation of a plant s essence. Essential oils are defined by their scents. Aromatherapy is based upon the healing properties of inhaling specific essential oils that create a sense of well-being and relaxation when specific scents are...

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