



The Beginner's Guide to Essential Oils & Aromatherapy: What You Need to Know to Get Started (Essentially Yours) (Volume 1)

Meghan Foster

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Unlock the Powers of Essential Oils With This New Beginner's Guide

Essential oils are the powerful essence of plants. They're packed full of healthy compounds that can be used to improve your mind, your body and your emotional state. Once you've unlocked the secrets behind these powerful oils, they can be used to improve all aspects of your life.

Here are just some of the many things you'll learn in this book...

- What Essential Oils Are and How They're Used in Aromatherapy.
- How to Use Essential Oils Safely.
- The Many Compounds Found in Essential Oils that Make Them So Great.
- Inhalation, Diffusion and Topical Application of Essential Oils.
- Carrier Oils: What They Are and Why They're Important.
- Finding the Best Essential Oils.
- Guides for More Than 25 of the Most Popular Oils.

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