

Happy Oils is an essential guide to inspire you to easily create your own safe, natural, healing aromatherapy blends. Your blends will transform physical, emotional and mental wellbeing and increase happiness for both you and your loved ones. The new knowledge and skills you will learn, can be used time and time again to help yourself and others. There are detailed sections covering: • How to use essential oils to create your own blends • How to personalise your blends • Essential oils for Physical problems, including anti-ageing, tiredness, weight loss and PMT • Essential Oils for Mental problems, including stress, depression and insomnia • Essential oils for Emotional problems, including grief, low self esteem and unforgiveness • Lots of additional advice for preventing and treating all of the Physical, Mental and Emotional issues covered. Instead of overwhelming you with hundreds of essential oils, Happy Oils focuses on only ten; which will enable you to form a simple, manageable Rescue Kit for your home. If you love aromatherapy, and believe in its healing ability, but haven't known how to use essential oils, this is the book for you!

The Mindful Woman: Gentle Practices for Restoring Calm, Finding Balance, and Opening Your Heart, 1066 A Year of Swords, Diary of a Candidate Whisperer December 2011, Nombre Des Renards Avec Tete Rouge 2: Album De Photos Des Femmes Attirantes En Lingerie (French Edition), You too can become a second volume not schizophrenia (2008) ISBN: 428604095X [Japanese Import], From Ally to Enemy, History of the Wanzer Family in America,: From the Settlement in New Amsterdam, New York, 1642 to 1920 ..., Sophocles Antigone, Curious Myths of the Middle Ages,

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