



# **Essential Oils For Beginners: The Most Proven Guide For Essential Oils and Aromatherapy For Weight Loss, Stress Relief And An Extraordinary Life (DIY Beauty Collection Book 1)**

*Leanna J. Lockhart*

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I wanna personally give you a digital high five! The sole fact that you are reading these words right now, tells me that you are going to invest into one of the most important things in your life... YOU!

## **Simply The Easiest Way To Get Started With Essential Oils**

*“Finally a book on essential oils that is actually true to it’s title and full of quality information” - Sarah*

*Who knew fragrance could be so fascinating and that there were so many! I love the idea of it, but was completely at sea about these essential oils. - Monica*

This is a good introduction to essential oils and very helpful in order to get started. I can now distinguish a carrier oil from other oils and how to benefit from different combinations. It's a great guidebook.

**Want A Simple And Effective Way To Lose Weight, Relieve Stress, And Feel Like Amazing Each And Everyday?**

**And do you want this in a book that’s actually super easy and fun to read?**

# Well, Let Me Introduce The Essential Oils & Aromatherapy for Beginners

The perfect book to get you started with Essential Oils and it's many uses. Who knew you could use essential oils for weight loss? All of chapter 4 is focussed around how you can take these incredible oils and eliminate some of that belly fat that's been sitting around.

## How is Leanna's book different from the all the other books on Essential Oils?

- The many uses of Carrier Oils are discussed
- A lot of books encourage ingesting internally, which is a **BIG RED FLAG**. You won't find this nonsense here
- What a lot of books forget to mention is the safe practice of Essential Oils. Leanna goes in-depth on safety
- Secret tips on using Essential Oils for baths

If you've ever tried to get into Essential Oils and failed - don't despair. It's not your fault.

You just haven't been guided by the right book yet.

## So what are you waiting for?

Dive into the book now and learn everything there is to know about Essential Oils. I take you through the most valuable information in this simple, easy to follow guide.

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### **From reader reviews:**

#### **Mark Dunn:**

Spent a free time for you to be fun activity to perform! A lot of people spent their down time with their family, or their own friends. Usually they doing activity like watching television, going to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Could possibly be reading a book could be option to fill your free time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to attempt look for book, may be the publication untitled Essential Oils For Beginners: The Most Proven Guide For Essential Oils and Aromatherapy For Weight Loss, Stress Relief And An Extraordinary Life (DIY Beauty Collection Book 1) can be fine book to read. May be it could be best activity to you.

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#### **Tonya Quick:**

That book can make you to feel relax. This book Essential Oils For Beginners: The Most Proven Guide For Essential Oils and Aromatherapy For Weight Loss, Stress Relief And An Extraordinary Life (DIY Beauty

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