



Essential Oils: A Complete Guide to Healing With Natural Herbal Remedies, Alternative Therapies, and Using Essential Oils For Beauty, Essential Oils For Stress and Weight Loss

Ramit Konstantine

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Change your life with the magic of Essential Oils. Spend only a few minutes each day improving your health, body, skin, pores and even lose weight by using the recipes and techniques revealed within to!

Whenever we study history of medicines, relaxation methods used by yogis or visit spa for a massage, “essential oils” seems to be a common term. Their amazing benefits are no secret now. In this book, we are going to learn about essential oils, their uses, their extraction from plants or other natural resources and some of the recipes or do it yourself projects which will vastly improve your day to day life!

Essential oils have been used for various purposes for more than 5000 year. Basically, an essential oil is a concentrated liquid which is obtained from natural resources like plants, flowers, leaves, fruits etc. so they are the purest form of natural oils known to mankind. They are also called as oil of plant or oil of whatever natural resource they are made up of, for example lemon essential oil, lavender essential oil, rose essential oil, almond essential oil and clove essential oil etc. They have a very strong aroma and sometimes referred to as “aroma oils” and only few drops are required to do the job and that is why they are mostly used in aromatherapy i.e. a science which treats specific conditions like acute stress, body pain and muscle tension, mind relaxation using different essential oils.

Essential oils are the most effective and “essential” part of today’s lifestyle where we all are exposed to pollution, preservatives and harmful chemicals every day. Essentials oils help us to get rid of these harmful chemicals by replacing them with more natural products. Before I dig in to all that, let’s understand what essential oils are and some of their benefits, uses and history in brief. **Take the time to better yourself and buy this book!**

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Here's what you can expect to find in this book...

- ? How Essential Oils are Extracted
- ? Boiling Water and Steam
- ? Steam Distillation
- Artisan and Industrial Distillation
- Enfleurage
- Types of Essential Oils and Their Uses in Aromatherapy
- ? Do it Yourself (DIY) Projects to Save Time and Money
- Uses for the Home
- Health Recipes
- Beauty Recipes
- Food Recipes
- Spiritual Uses
- Tips and Tricks for Buying and Using Essential Oils
- And Much More!

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Thomas Garcia:

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Christine Wormley:

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Beatrice Blakely:

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