



# **Essential Oils Box Set: Useful Tips on How to Use Essential Oils and Staying Balanced and Young Forever (Essential Oil, essential oils guide, essential oils uses)**

*Katherine Hicks, Deborah Parker, Julia Jackson, Virginia Bailey*

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## **BOOK #1: Essential Oils: Ultimate Essential Oils Guide with 48 Useful Essential Oils Recipes! Great Tips on How to Use Essential Oils for Aromatherapy, Healthy Lifestyle and for Home Cleaning**

The essential oils phenomenon has changed the way many people live their lives and go about the regular tasks of the day. Whether it be cleaning, cooking, aromatherapy, or creating a new lifestyle, essential oils can be a catalyst for success across the board - and Essential Oils Guide will help you along the way. You will learn unique approaches to the essential oils craze, and you'll walk away feeling better about yourself and your plans for the future.

## **BOOK #2: Essential Oil Recipes: The Ultimate Essential Oils Guide on How to Make Essential Oils with Great Tips on How to Use Essential Oils**

No matter where you turn, the term "essential oils" is everywhere and with good cause. Whether it be pleasing aromas that work well for aromatherapy, or replacing other oils with essential oils for cooking, the health and wellness benefits are far more than one could imagine. You can use essential oils in cooking main dishes, salads, appetizers, and even desserts. And this eBook, Essential Oil Recipes is the ideal handbook for making a lifestyle change using essential oils.

## **BOOK #3: Essential Oils: The Ultimate Essential Oils Guide. 15 Powerful Secrets You Never Knew About the Benefits of Essential Oils. Use Essential Oils and Learn How to Deal with Depression**

Numerous essential oils are there which serve for the purpose of bringing peace to your mind and this book

is a complete guide for you if you are looking for the essential oils and their use in bringing your depression down. This book will definitely help you out to fight against depression and its related problems with the help of essential oils.

## **BOOK #4: Essential Oils: 23 Tips for Using Essential Oils and Staying Balanced and Young Forever**

In order for essential oils to work properly you must understand which ones are best for achieving the results you are seeking. It is also extremely important that you understand and follow any safety concerns regarding any type of oil. This book is designed to help the woman or man that is just starting to try essential oils for their well being. This book is going to help you gain the knowledge you'll need to make the best decisions for you and your family when it comes to the use of essential oils.

## **BOOK #5: Coconut Oil: 20 Useful Tips on How to Use Coconut Oil to Lose Weight and Make Your Skin Look Natural**

This is not just another book on coconut, this is the essential book, if you want to make the most of this amazing product. Everything you need to know is in the following chapters. We explain all the benefits of coconut oil, condensed down into 20 important and valid reasons why you should be using coconut oil. What better way to treat your body than by using a natural product with healing property.

## **BOOK #6: Reflexology: 22 Amazing Techniques to Successfully Relax Your Hands & Feet**

Reflexology is a method that treats the entire body, inside and out, this book will focus on the two organs that we all use very often, and which often get tired and achy – your **hands** and **feet**. If you enjoy the results of your first Reflexology session, feel free to practice the techniques on friends and relatives, to learn more about Reflexology, and maybe even become a professional practitioner.

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