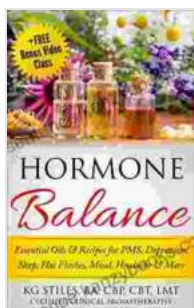


Essential Oil Recipes for PMS, Depression, Sleep, Hot Flashes, Headaches, and More!

101 Natural Remedies to Help You Feel Your Best

If you're looking for a natural way to improve your health and well-being, essential oils are a great option. Essential oils are concentrated plant oils that have been used for centuries to treat a variety of ailments. They're safe and effective, and they can be used in a variety of ways, including aromatherapy, massage, and topical application.

In this groundbreaking book, you'll discover 101 essential oil recipes to help you overcome common health concerns such as PMS, depression, sleep issues, hot flashes, headaches, and more. These recipes are easy to follow and use ingredients that are readily available. Best of all, they're effective!



Hormone Balance: Essential Oils & Recipes for PMS, Depression, Sleep, Hot Flashes, Headache & More (Essential Oil Wellness) by Joan Esherick

★★★★☆ 4.6 out of 5

Language	: English
File size	: 3924 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 198 pages
Lending	: Enabled

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Here's a sneak peek at some of the recipes you'll find in this book:

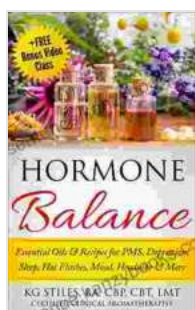
- PMS Relief Blend: This blend of lavender, clary sage, and ylang-ylang can help to relieve cramps, bloating, and mood swings.
- Depression Relief Blend: This blend of bergamot, lemon, and grapefruit can help to boost your mood and energy levels.
- Sleep Aid Blend: This blend of lavender, chamomile, and valerian root can help you to fall asleep and stay asleep all night long.
- Hot Flash Relief Blend: This blend of peppermint, eucalyptus, and tea tree oil can help to cool you down and reduce hot flashes.
- Headache Relief Blend: This blend of rosemary, peppermint, and lavender can help to relieve tension headaches.

If you're ready to start using essential oils to improve your health and well-being, this book is the perfect place to start. With 101 easy-to-follow recipes, you'll be able to find the perfect blend for your needs.

Free Download your copy of Essential Oil Recipes for PMS, Depression, Sleep, Hot Flashes, Headaches, and More today!

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