

The Aromatherapy Guide That Thinks It's An App



Essential Oils Guide Two: The aromatherapy guide that thinks its an app (Aromatherapy Series Book 2)

by John Blofeld

★★★★☆ 4 out of 5

Language : English

File size : 1989 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 49 pages

Lending : Enabled



Are you looking for a comprehensive guide to aromatherapy that is easy to use and packed with information? Look no further than The Aromatherapy Guide That Thinks It's An App.

This book is the ultimate resource for anyone who wants to learn more about aromatherapy and how to use essential oils to improve their health and well-being. With over 100 recipes, tips, and tricks, this book has everything you need to get started with aromatherapy.

What's Inside The Aromatherapy Guide That Thinks It's An App?

The Aromatherapy Guide That Thinks It's An App is divided into three main sections:

1. **The Basics of Aromatherapy**
2. **Essential Oil Profiles**
3. **Aromatherapy Recipes**

The Basics of Aromatherapy

In this section, you will learn everything you need to know about aromatherapy, including:

- What is aromatherapy?
- How does aromatherapy work?
- What are the benefits of aromatherapy?
- How to choose essential oils
- How to use essential oils safely

Essential Oil Profiles

In this section, you will find profiles of over 100 essential oils, including:

- The botanical name of the oil
- The common name of the oil
- The aroma of the oil
- The therapeutic properties of the oil
- The safety precautions for the oil

Aromatherapy Recipes

In this section, you will find over 100 aromatherapy recipes for a variety of purposes, including:

- Recipes for relaxation
- Recipes for sleep
- Recipes for stress relief
- Recipes for pain relief
- Recipes for skincare

Why Choose The Aromatherapy Guide That Thinks It's An App?

There are many reasons to choose The Aromatherapy Guide That Thinks It's An App, including:

- It is comprehensive and easy to use.
- It is packed with information on aromatherapy and essential oils.
- It includes over 100 aromatherapy recipes.
- It is written by a certified aromatherapist.

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The Aromatherapy Guide That Thinks It's An App is available now on Our Book Library. Free Download your copy today and start enjoying the benefits of aromatherapy!



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