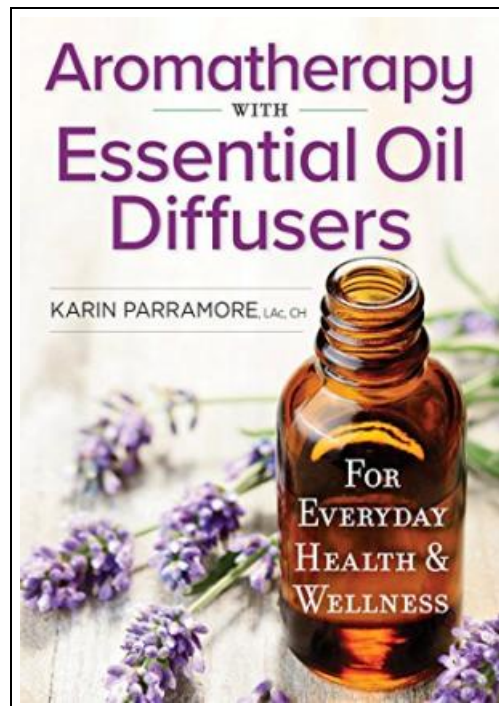


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ROBERT ROSE INC, Canada, 2018. Paperback. Condition: New. Language: English . Brand New Book. Diffusing essential oils can promote greater balance and improve your health and well-being. Aromatherapy and essential oils are trendier than ever, as more and more people discover that concentrated aromatics can be used in a therapeutic way to address imbalances in our bodies that can lead to poor health. To stay as healthy as possible, we must strive to avoid fragrances and return to using scents derived directly from plants. While essential oils can be used for aromatherapy in many different ways, this book primarily discusses the use of essential oil diffusion to address health imbalances. Part 1 covers the history of aromatherapy, explains the different types of diffusers and teaches you how to choose, use and store essential oils from ammi to ylang ylang. Part 2 provides detailed instructions on diffusing essential oils to treat various health conditions and to enhance your environment and offers over 160 formulas for specialized oil blends.



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