

Essential Glow: Essential Oil Recipes Tips that Soothe, Uplift Restore



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Reviews

Complete guide! Its such a great study. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Dr. Hermann Marvin PhD)

ESSENTIAL GLOW: ESSENTIAL OIL RECIPES TIPS THAT SOOTHE, UPLIFT RESTORE



Weldon Owen. Hardcover. Condition: New. 176 pages. Lavender, chamomile, tea tree, sweet orange, and sandalwood invite the aromatic and healing superpowers of your favorite herbs and botanicals into your life with this beautiful guide. For your favorite essential oils, you'll discover recipes, quick tips, and DIY projects to boost your beauty, home, and general wellness, plus a diagnostic tool that helps you treat common ailments with the right essential oil mixes. We all hear that essential oils are good for us—the aromas and chemicals in these special distilled herbal treatments can soothe the senses, kick-start a sluggish day, or even help restore health or repair troubled skin. There are a whole host of ways to use it—from decadent massage candles to hardworking laundry bombs, from relieving bug-bit balm to skin-clearing concoctions. Essential Glow is packed with everything the home DIY-er needs: 150 recipes and tips with simple step-by-step instructions, a pantry primer, ideas for building a toolkit, and much more. Sample essential oils include: Soothe Uplift Restore Lavender Peppermint Tea Tree Chamomile Lemongrass Frankincense Rose Juniper Oregano Jasmine Rosemary Lemon Ylang Ylang Cinnamon Eucalyptus Sandalwood Cedarwood Ginger Geranium Sage Lemon Balm This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Hardcover.



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