



# Essential Oils for Beginners: The complete guide to Essential Oils and Aromatherapy

*Will Huynh*

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## Essential Oils for Beginners: The complete guide to Essential Oils and Aromatherapy

This book contains proven steps and strategies on how to harness the power of essential oils for your body, mind, and soul.

Did you know that essential oils were formerly called quintessential oils? The name comes from the Aristotelian concept that matter is made up of four elements: water, earth, air, fire. The fifth element is believed to be the quintessence, otherwise known as the “life force”. And the way to extract the life force from plants is through the processes of distillation and evaporation. Thus, each time you inhale the fragrance of the essential oil of a flower or an herb, you are, in fact, inhaling its spirit.

We exist in an era of tightly sealed air-conditioned homes, cars, and offices... No wonder our immune systems are so weak. And with the continued threat of drug resistance, more and more, the healthcare industry is acknowledging the value of holistic healing. With the continuously rising cost of medicine, more and more people are urged to explore alternative treatment. Thankfully, Mother Nature has gifted us with cures plucked straight from her womb. Essential oils are pure, safe, cheap, and organic. That said, being potent medicines, these oils are not unaccompanied by adverse effects. For this reason, it is important that you learn the proper way of identifying, handling, mixing, and administering them. Through this book you will become acquainted with the complete list of useful essential oils and their various uses. Furthermore, you will learn certified essential oil recipes that range from cream recipes for soothing insect bites to bath blends for curing depression to massage mixtures that can lift your libido. Here is what this book will teach you:

### Here Is A Preview Of What You Can Expect To Learn:

- What are essential oils?
- What is aromatherapy?
- The Ultimate A-Z List of Essential Oils and their Uses
- How to Harness the Power of Essential Oils through applications like Massage, Lotions, Baths, Vaporization, Steam Inhalation, Douche, Room Spray, Compresses, and other Famous Essential Oil Recipes for Skin Problems, Hair Problems, Respiratory Problems, Digestive Problems, Sexual Problems
- And much, much more!

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