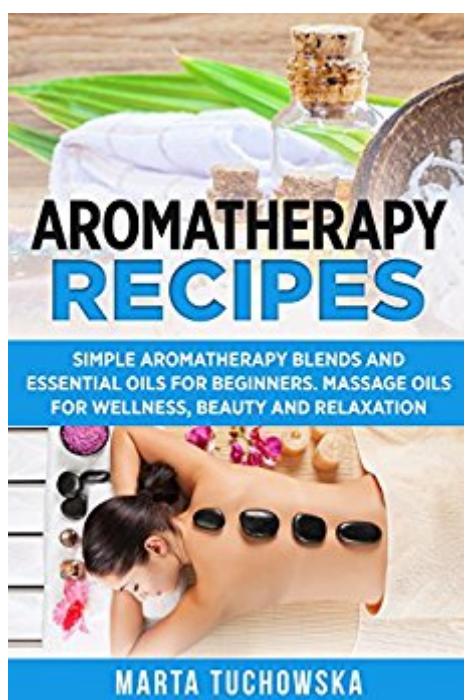


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# Aromatherapy Recipes: Simple Aromatherapy Blends And Essential Oils For Beginners. Massage Oils For Wellness, Beauty And Relaxation



## Synopsis

Aromatherapy Recipes & Essential Oils: The Tested Secrets for Health, Beauty and Wellness! Join our Aromatherapy Spa Lovers Club and let aromatherapy blends work for your health, balance, beauty, wellbeing and relaxation! Aromatherapy is not only about aromas or pleasant rituals for relaxation. The essential oils have been known and used for their therapeutic and healing properties for ages. With this simple guide, you will discover the most powerful aromatherapy recipe blends that you can get started on immediately so as to improve your quality of life and wellbeing. The multifunctionality of the essential oils offer us the possibility to create a myriad of treatments quite inexpensively. Something that many luxurious spa would charge you a great amount of money and keep their secrets to themselves. Aromatherapy Recipes For Beginners will offer you a jump start to aromatherapy. It's all about practice, application, embracing the feeling of wellness and rejuvenation. Here's What You Will Learn with Aromatherapy Recipes: \*The difference between the essential oils and the vegetable oils\* General preview of different schools of aromatherapy: The British School of Aromatherapy vs The French School of Aromatherapy\* What is Aromatology? How does it differ from Aromatherapy?\* The basic precautions and contraindications\* How to make sure that you use only pure, 100% organic essential oils\* How I set up my mini aroma studio at home to pamper myself when I need it\* How to make the treatments a part of your lifestyle- the motivational part\* An appendix: the properties of the essential oils mentioned throughout my recipe blends\* How to develop your aroma-intuition\* The general overview of other forms of application apart from massage

Written in a simple, conversational style, this guide is perfect for beginners wishing to take their health to the next level with aromatherapy and essential oils! With This Guide You Will Learn to Create Your Personalized Aromatherapy Blends That Are Great for: -Hair care-Skin care-Relaxation and rejuvenation-Focus and concentration\* Natural beauty treatments blends (anti-cellulite, moisturizing, after shave for men)\* Healthy and therapeutic (e.g. natural lymphatic drainage, fluid retention, tendinitis, colds and flu)\* Emotional wellbeing and meditation\* Common, stress-related complaints (headaches, low energy levels, muscular tension due to stress)+ much much more!

Would you like to know more? Get your copy today and create your holistic home spa with essential oils!

tags on product: aromatherapy, essential oils, wellness, relaxation, holistic, natural, essential oils for relaxation, aromatherapy oils, wellness&health

## Book Information

File Size: 3117 KB

Print Length: 84 pages

Simultaneous Device Usage: Unlimited

Publication Date: April 26, 2014

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00JZ6QQ9E

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #201,690 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #23

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## Customer Reviews

I really enjoyed this book because you could tell that it was written by somebody who loves what they do and loves it to the point that she wants to share it with others. I never knew that much about essential oils but this book made it easy to learn and understand just what essential oils are and what all they could be used for. It's amazing just what health benefits these oils can give. Another part of the book that I enjoyed was how to use the essential oils for things that we use everyday, such as aftershave. An added benefit of the book was how to use these oils in conjunction with massage. My wife loves being massaged and I think these oils and practices would be a great addition. Thanks Marta!

Marta really knows her stuff! If you want to learn about aromatherapy it's best to find a practitioner who can teach you how to mix everything up in the right way and how to use it correctly. There are so many formulas in this book it's crazy! Make sure you stock up on your essential oils because you're going to want to try some of these! I thought the pictures in the book were a nice touch...gives the reader a little glimpse into the arsenal of holistic practitioner. Inspiring to say the least!

I always been wanting to take a short term course in school to learn about Aromatherapy but now I don't have to, when I started to read few books on kindle ; Marta's book about Aromatherapy Recipes got my full attention, the way she explains the details and recipes are easy to follow because she is the real deal. She is doing it and she is the expert. Personally, I always get a regular massage anywhere I travel and I am addicted to it. Now, I don't have to go to school to understand Aromatherapy because I bought this book and I can follow Marta's recipe and create my own Aroma/Oil for massage especially for headaches. I am glad that I found this book.I will recommend this amazing book to anyone.

To be honest when I thought about aromatherapy I thought that it had to do with candles and sweet smelling oils. Boy was I so wrong. A friend of mine recommended this book to me as I shared my concerns to her that I have lost the tone in my legs and she recommended aromatherapy.I have learned a lot from this book, it has taken my understanding of oils to another level. I appreciate that the author has taken the time to write about herself and let her readers know that she knows what she is writing about. I was amazed to learn that aromatherapy can be used to ease headaches, dandruff and so many other issues.

Love this book because:First, Marta relates choosing different schools of aromatherapy to find your own way of living in life. There are so many choices out there in this world. It is hard to find the "only" Bible in life, since different people view things differently through their perspectives. Love this concept!Then, I really really love that this book focuses on different situations where you can apply aromatherapy. And I can personally relate to those situations and easily apply simple steps as given.And seriously, because of this book I love aromatherapy more;)Great stuff. Highly recommended.

I like the recipes in this book. It was interesting to see the variety of ways that these Essential oils are used and how to use them in a fun and relaxing way.

There are some great new fragrance recipes in here, combinations that I hadn't thought of. It's great and friends ask for me to make some fragrances for them.\* I received this product free or discounted in exchange for my honest opinion

I'm new on especial oils, this book is: Easy to read Keep you inform And give you more hints in you want to keep reading But I would it love if she gives names of companies where she buys her oils or a list of good companies . It's hard and overwhelming to trust if you're a beginner like me.

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