



Essential Oils for Novices: How to Use Essential Oils to Rejuvenate Your Skin, Improve Your Hair, and Relax Your Body and Mind

Ben Night

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Aromatherapy has a long history of practice that spans thousands of years. Its miraculous and soothing effects can be traced back to ancient civilizations. While many people think that aromatherapy only deals with the scents, there are actually several different uses for this age-old phenomenon. Essential oils have numerous applications, such as treating ailments, cleaning, decorating, relaxing, and even grooming. Expand your knowledge of these ancient techniques and broaden your horizons to their modern application with our informative guide to essential oils.??

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