



Aromatherapy Essential Oil Recipes for Beginners: Use Proven Aromatherapy Essential Oils to Improve Your Health, Skin, Hair, and to Lose Weight. (Paperback)

By Alicia Watters

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.EVERYTHING YOU NEED TO KNOW AS A BEGINNER IN ESSENTIAL OILS AND AROMATHERAPY! PURCHASE TODAY! Although the practice was only named aromatherapy in the 20th century, the use of aromatic plants for health has been around since ancient times. The Chinese culture may have been the first to perform such practices, but it was the Egyptians who first used aromatic plants and incenses. The ancient Egyptians also used to burn incenses made out of aromatic wood material, spices, and herbs originally for religious purposes. They also used oils after baths since they knew about its moisturizing effects on the skin. Today, aromatherapy or otherwise known as essential oils therapy is used to treat various health concerns such as stress, weight loss, skin health, and more. In this practice, the essential oils are extracted from a plant s leaves, flowers, bark, rind, roots, or stalks. After this process, the extracts are mixed together with oil, alcohol, or lotion so they can be applied on a person s skin directly, sprayed, or inhaled. These aromatic oils are also used for massage and for baths....



READ ONLINE
[4.72 MB]

Reviews

These sorts of ebook is the perfect publication accessible. I really could comprehend every little thing out of this created e ebook. I am very happy to inform you that this is basically the very best ebook i actually have study within my personal life and might be he finest pdf for ever.

-- **Favian O'Kon**

It is great and fantastic. It can be writer in easy phrases and never hard to understand. You will not really feel monotony at at any time of your respective time (that's what catalogues are for concerning if you request me).

-- **Michel Halvorson**