



Essential oils: Bible for beginners: More Than 250 Recipes for Anti-aging, Weight loss, Skin, Hair and Health Care by way of: aromatherapy, infusions, inhalations, baths, massages.

Andrew Costei

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This book is meant to draw the reader's attention on alternative preparations that can be used to preserve body health and beauty. You will learn about using essential oils in maintaining healthy skin, hair and nails protection, weight loss, strengthen immunity and prevention of many diseases. The book contains more than 250 recipes and directions, in the use oils in everyday life. Try to use the gifts of nature to find their true value.

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