



Aromatherapy A-Z (Hay House Lifestyles)

Connie Higley, Alan Higley

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Aromatherapy A-Z is a fresh and easy step-by-step reference guide. The authors have compiled a vast amount of information on essential oils, humankind's first medicine. Use this well-organised book to find the combinations of oils that are most beneficial for treating a variety of illnesses and physical problems naturally. Then, enjoy the sense of emotional, physical, and spiritual well being that the oils will bring.

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