



# Essential Oils Recipes And Blending Guidebook For Beginners: Over 45 Essential Oil Recipes

*Cindy Fields*

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*Cindy Fields*

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Have you ever thought to cure yourself with essential oils? Struggling to make an essential oils blends for the first time? Wondering how to create your own recipes to cure most of your ailments and improve your overall condition? If you answered "Yes" to any of this question, then you can make it happen with *Essential Oils Recipes and Blending Guidebook for Beginners*.

In this book, I'm going to tell you fifty recipes that will help you relieve stress, anxiety, depression, insomnia, fatigue, the afternoon slump, focusing problems, learning complications, diseases, and illnesses. I hope that you find something in this book that will help you with one of your daily struggles!

Inside you will learn:

- Methods for Using Essential Oils
- Essential Oils for Stress Relief
- How To Get a Good Night's Rest with Essential Oils
- Essential Oils for Focus and Learning
- Diseases and Illness Essential Oil Recipes
- and much, much more...

You can start living a healthier and more sustainable lifestyle right away through the power of essential oils. Simply scroll up and grab a copy of *Essential Oils Recipes and Blending Guidebook for Beginners*.

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