



## Essential Oils: A Beginners Guide to Nature s Therapy (Paperback)

By Andrea Gray

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Essential Oils A Beginner s Guide to Nature s Therapy There has been an explosion of interest and use of essential oils in recent years. It s nearly impossible to be on social media without them being recommended, or without hearing claims from friends and family of how they will change your life. With so many people cashing in on their popularity there is an abundance of conflicting information, recommendations and claims that can equal a lot of confusion for those just getting started. Do essential oils really cure cancer? Why does one company say their oils are better? What does pure mean? What is an absolute? What s a CO2? Why are hydro-sols better for babies? Who regulates essential oils? How do you use them safely? Why is there so much fighting among various groups within the Aromatherapy community? Not An Essential Oils List / Recipe Book This isn t your typical book of all of the different oils and how to use them, or what oils treat what conditions. Instead, Andrea Gray, once a confused consumer herself,...



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