



# **Essential Oils: Essential Oil Recipes: The Ultimate Guide to Essential Oils for Beginners. Super useful Tips on How to Make Essential Oils for Weight Loss and Other Health Benefits.**

*Veronica Hill*

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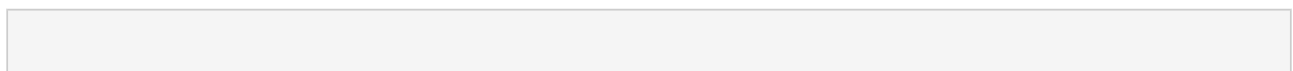
## **Essential Oils**

### **Essential Oil Recipes: The Ultimate Guide to Essential Oils for Beginners. Super useful Tips on How to Make Essential Oils for Weight Loss and Other Health Benefits.**

This is a book about essential oils for beginners. It will provide valuable information to reader about essential oils and their benefits. It will enlighten the reader on various easy to find plants that can be very useful to them in terms of lifestyle and healthy living. After reading it, the reader will be stocked with knowledge on how each plant discussed is beneficial to their body. A beginner will get tips on how to prepare homemade essential oils and use them to promote a healthier comfortable lifestyle. It will provide simple recipes for preparation of liquids that can be used to promote weight loss, improve appetite, provide relaxation, enhance living environment through air purification and provide tips on body care essential oils. After recommending the various plants where one can get the essential oils, the book will also give information to the reader on how he or she can be able to extract the oils from the plants at home instead of going for the industrial processed products. The book's aim is to enlighten a beginner on how he or she can be able to make cheap safe to use products rather than going for off the shelf products. It will help them eliminate the dangers posed by products already in the market which sometime are hazardous due to the fact that they are prepared without proper testing and compliance as a result of production cost and competition strategies. It will help the reader learn to make products from safer natural sources.

The following topics will be discussed in this book:

- i. The essential oils and their application
- ii. Home methods of extracting essential oils from plants
- iii. Benefits of essential oils
- iv. Types and uses of essential oils
- v. Home methods for making essential oil products
- vi. Essential oils and weight management



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