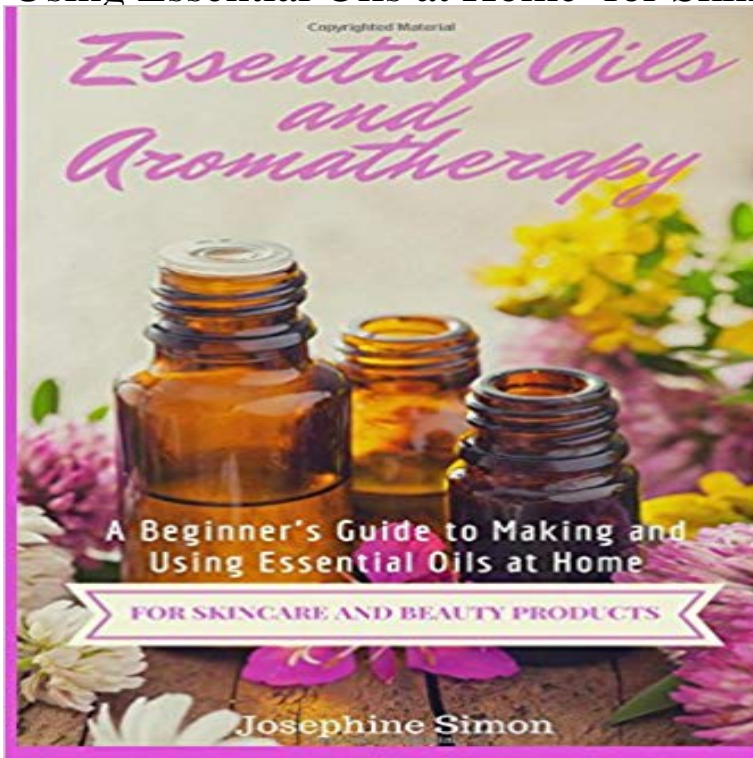


# Essential Oils and Aromatherapy: A Beginners Guide to Making and Using Essential Oils at Home for Skincare and Beauty Products



Want to revamp your beauty routine with all-natural beauty products you can make at home and gain a better knowledge of essential oils and aromatherapy? Then this is the book for you! It will go through all the benefits and applications of essential oils in your daily routine. Essential oils are the most cost efficient and natural way to apply to your skin or for certain ailments. They can be used on multiple skin types to cure anything from lack of hydration to dealing with pesky facial acne or smoothing out wrinkles. Inside find:

- What are essential oils and aromatherapy
- A comprehensive list and properties of each essential oil mentioned
- The benefits of essential oils for skincare
- How to extract essential oils on your own
- A list of which essential oils suit which skin type best
- Body butters and other useful products for moisturizer
- Body scrub recipes
- Moisturizers recipes
- Recipes for sunscreens, face masks, lip balms, hair care, anti-aging serum and much more.

Let get going and make our own all-natural beauty products and have this glorious and radiant skin we all deserve. Scroll back up and order your copy today!

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QUEM SOMOS

Seja Bem Vindo

E conhecereis a verdade, e a verdade vos libertará. João 8:32

CANAL SEGUINDO A VERDADE

Mensagem da semana - Semeai em Justiça

Mensagem da semana - Semeai em Justiça

A Bíblia em 1 minuto - 1 Pedro 5:7-8

A Bíblia em 1 minuto - 1 Pedro 5:7-8

Mensagem da semana - Pedindo e recebendo

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Mensagem da semana - Andar no Espírito

Mensagem da semana - Andar no Espírito

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Próximo »

MENSAGENS

Não Desista Nunca!

Não Desista Nunca!

Existem pedras. Não desista de andar! Existem barreiras. Não desista de passar! Existem os nós. É preciso desatar! ...

[leia mais]

Vale sempre a pena

Vale sempre a pena

Nem tudo o que você fizer bem será elogiado. Haverá momentos em que tentará com muito esforço demonstrar um bom coração ... [leia mais]

O Deus do impossível

O Deus do impossível

Um jovem que trabalhava no exército era humilhado por ser cristão. Um dia seu superior querendo humilhá-lo na frente d... [leia mais]

Deus sabe o que faz

Deus sabe o que faz

Conta-se que um homem chamado Okiba teve que abandonar sua terra por motivos particulares, e, assim, peregrinou em reg... [leia mais]

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I use essential oils to make mouthwash, in lotion for skin, in bath water, on the I use lavender in a diffuser to put a pleasant scent in the house. **25+ Best Ideas about Essential Oils For Skin on Pinterest Essential** Using essential oils for healing purposes is often called aromatherapy, which is a They are often used for relaxation, beauty care, home cleaning and most often Many oils when massaged on the skin can heal or help treat skin conditions, . Here are some of my favorites DIY recipes for making personal care products:. **A Beginners Guide to Essential Oils Anjou** oils on Pinterest. See more about Aromatherapy, Essential oils for skin and Scented oil diffuser. 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