



The Essential Oils Book: Creating Personal Blends for Mind & Body

Colleen K. Dodt

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Aromatic essential oils have many uses. Soothing or invigorating, oils can be used in air fresheners, home-cleaning products, bath soaks, and, of course, perfumes. Complete instructions show readers how to use essential oils safely and effectively.

A rich resource on the applications of aromatherapy and its uses in everyday life, including aromas for the home, business environments, and essences for the elderly.

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