



# **Aromatherapy and Essential Oils for Beginners: A Proven Systematic Approach to Using Aromatherapy and Essential Oils for Healing and Curing Illnesses**

*Lillian Hall*

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*Lillian Hall*

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This audiobook offers the basics of aromatherapy and enlightens beginners of its essence to the body, mind, and spirit. Aromatherapy has been practiced for a long time for relieving many ailments, but today it is used for not only physical well-being but also psychological purposes. Aromatherapy has been used in spas, hospitals, offices, and homesteads. This audiobook also explains the benefits of essential oils in human life and how they blend with other oils. Aromatherapy oils are then used topically through aromatherapy massages or released to the atmosphere via diffusers or sprays.

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