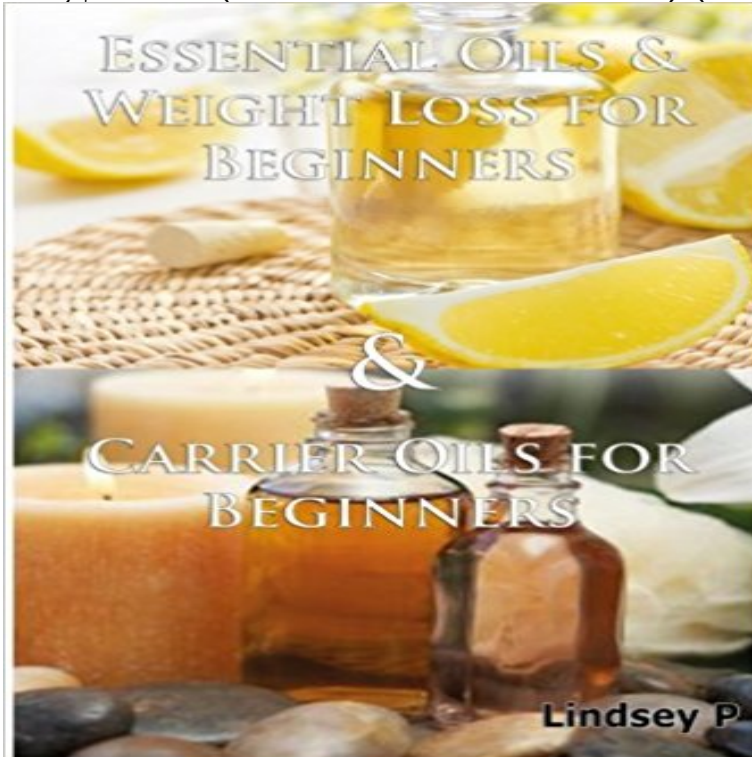


## Essential Oils & Weight Loss For Beginners & Carrier Oils For Beginners (Essential Oils Box Set) (Volume 9)



ESSENTIAL OILS BOX SET #9: Essential Oils For Weight Loss for Beginners (Ultimate Guide to Losing Weight, Increasing Energy, Balancing Metabolism & Appetite Using Essential Oils & Aromatherapy) + Carrier Oils for Beginners (Discover the Characteristics and Beauty and Health Benefits of Carrier Oils for Mixing Aromatherapy Essential Oils) Essential oils & Weight Loss: Essentials oils are a great weight loss tool, along side diet and exercise by increasing your energy and balancing your metabolism. They will also assist you in suppressing your appetite, boosting your mood and burning fat. Learn how the use of certain Citrus like lemon, grapefruit, and bergamot are used in aromatherapy, massage and deep breathing to assist you in your successful weight loss journey. Here Is More Of What Youll Learn... Essential Oils Basics How They Work for You Citrus Essential Oils Non-citrus Essential Oils How Essential Oils will be Helper and Complement How To Evaluate Yourself With Using Essential Oils Much, much more! Carrier Oils: Carrier oils, which are also called as base oils, are types of oils that are being used to dilute another type of oil that is called the essential oil. It is important to mix carrier oils with essential oils because the latter can be too concentrated when applied to skin undiluted. Therefore, before you can even use essential oils for aromatherapy and massage, you first have to dilute them by adding the carrier oils. Here Is A Preview Of What Youll Learn... An Introduction to Carrier Oils Benefits of Carrier Oils Varieties of Carrier Oils Mixing Carrier Oils with Essential Oils for Aromatherapy Much, Much More Download your copy today!

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