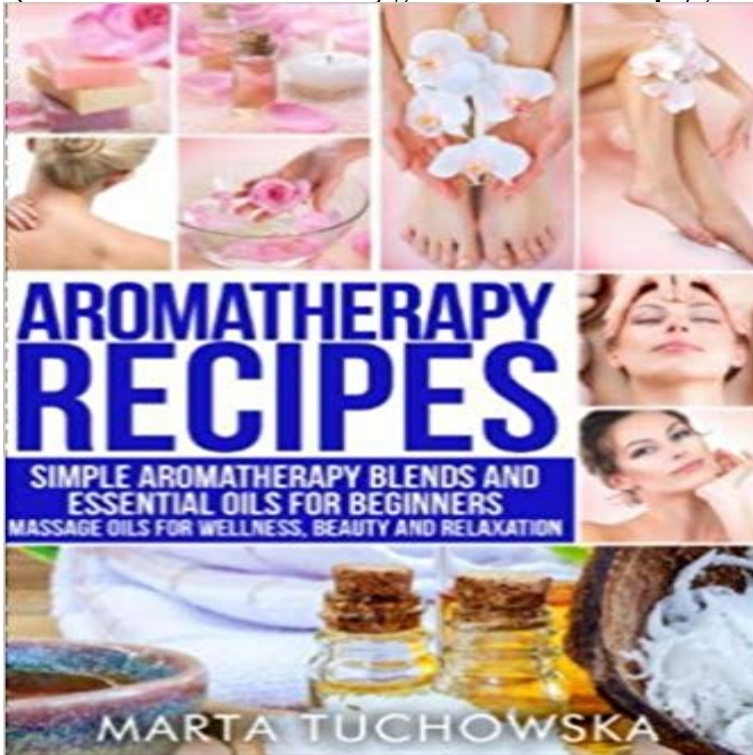


## Aromatherapy Recipes: Simple Aromatherapy Blends and Essential Oils for Beginners. Massage Oils for Wellness, Beauty and Relaxation (Wellness Coaching, Aromatherapy, Essential Oils)



Discover an endless aromatherapy pleasure and Create your home spa with custom made massage oils The rituals of aromatherapy and therapeutic essential oils are waiting for you Join my Aromatherapy Spa Lovers Club and let aromatherapy blends work for your health, balance, beauty, wellbeing and relaxation! \*\*\*If everyone treated themselves to an aromatherapy treatment daily, the world would be a better, peaceful place. \*\*\* However, aromatherapy is not only about aromas or pleasant rituals for relaxation. The essential oils have been known and used for their therapeutic and healing properties for ages. As a massage therapist I specialize in aromatherapy massage. I just find it really fascinating that depending on a way you blend the oils you can customize the treatment and adapt to clients needs. Over the years I have developed a practical, intuitive approach that I would like to teach you. I have created this book to share some of my favorite aromatherapy recipe blends that you can get started on immediately so as to improve your quality of life and wellbeing. The multi functionality of the essential oils offer us the possibility to create a myriad of treatments quite inexpensively. Something that many luxurious spa would charge you a great amount of money and keep their secrets to themselves. Heres what my book is going to teach you: \*The difference between the essential oils and the vegetable oils \*General preview of different schools of aromatherapy: The British School of Aromatherapy vs The French School of Aromatherapy \*What is Aromatology? How does it differ from Aromatherapy? \*The basic precautions and contraindications \*How to make sure that you use only pure, 100% organic essential oils \*How I set up my mini aroma studio at home to pamper myself when I need it \* How to make the treatments a part of your lifestyle- the motivational part \*An

appendix: the properties of the essential oils mentioned throughout my recipe blends \*How to develop your aroma-intuition \*The general overview of other forms of application apart from massage (e.g. internal usage of essential oils, using essential oils undiluted and other ideas that clinical aromatherapists-aromatologists present). My aromatherapy recipe book is mostly addressed for beginners as well as for massage therapists who wish to discover how to customize their treatments with the essential oils. 99% of the treatments I share are focused on application via massage. I also briefly introduce the concept of aromatology (scientific aromatherapy) and a myriad of ways that aromatherapy can be utilized. Discover My Aromatherapy Blends Recipes! Over 30 Aroma Recipes for Health, Beauty and Holistic Wellness: \*Blends for hair care \*Blends for skin care \*Blends for relaxation and rejuvenation \*Blends for the mind \*Blends for the spirit \*Natural beauty treatments blends (anti-cellulite, moisturizing, after shave for men) \*Healthy and therapeutic (e.g. natural lymphatic drainage, fluid retention, Tendinitis, colds and flu) \*Blends for emotional wellbeing and for meditation \*How to use aromatherapy for common, stress-related complaints (headaches, low energy levels, muscular tension due to stress) \* How I use essential oils internally \* More aromatherapy ideas to inspire you and motivate you to turn aromatherapy rituals into your everyday habit Would you like to know more? Scroll up and check out my book. Make aromatherapy your very own lifestyle!

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