



**Essential Oils: Essential Oils For Beginners -  
Learn How To Use Essential Oils To Maximize  
Your Health, Beauty And Longevity!  
(Aromatherapy, Herbal Remedies, Herbal  
Medications)**

*Hannah Barrett*

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## **Essential Oils**

### **Essential Oils For Beginners – Learn How To Use Essential Oils To Maximize Your Health, Beauty And Longevity!**

Essential Oils have been used for hundreds and hundreds of years for their soothing fragrances and cosmetic properties, dating back at least to ancient Egypt where frankincense was turning into incense. They can be used as flavoring agents in foods, aromatherapy, medical treatments, and a host of other purposes.

A wide variety of essential oils are known to be antibacterial, antiseptic, antiviral, antispasmodic, anti-inflammatory, anti-cancer, anti-tumor, and much more. They can be used to treat your digestive system, cardiovascular system, respiratory system, nervous system, and even your emotional state.

Essential oils are not “essential” to you, but are essential in that they are the essence of the plant they come from. Despite them not being essential for you, they host amazing health benefits.

### **The book is divided up into the following sections to help you find the right essential oil for you:**

- Meet the Team: a basic guide to the most common essential oils and their descriptions.
- Food and Flavoring: using essential oils to enhance your diet
- Fragrance and Aromatherapy: a rose by any other name...
- Treatments: reclaim your health
- Dangers: read before use

This basic introduction to common essential oils is designed to help you reduce your stress, increase your health, balance your moods, and live a better life.

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