

## Essential Oils Handbook - Mecree



For millennia, people have used essential oils for health and wellness—and this authoritative illustrated guide shows you how to use them, too!

Rating: Not Rated Yet

**Price**

Salesprice with discount

Sales price \$14.95

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Tax amount

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**Description**

Essential oils have wide-ranging healing powers, and this comprehensive handbook explains how we can take full advantage of these natural wonders. It covers all the different grades of oil, which ones are safest, and how and when to use them. In addition, there are expert recipes for combining oils and specific advice on ways they can alleviate allergies, coughs, and colds; aid with weight loss and digestion; help with skin disorders, wrinkles, and acne; relieve insomnia and headaches; balance hormones; and even act as a bug repellent.

**Reviews**

There are yet no reviews for this product.