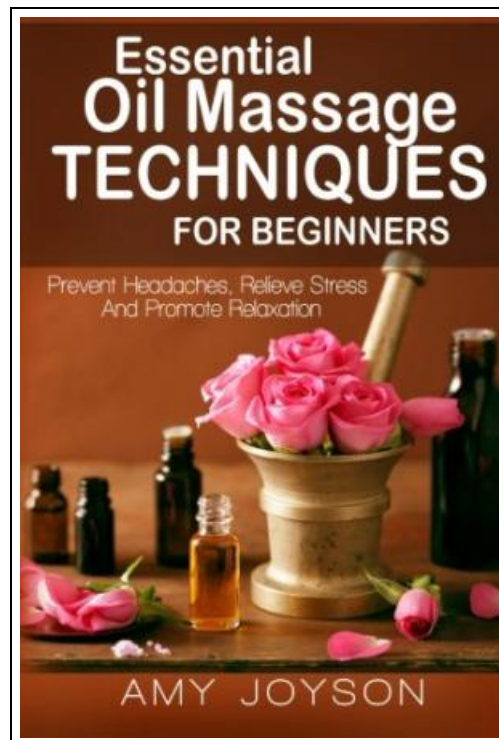


Essential Oils: Essential Oil Massage Techniques for Beginners: Prevent Headaches, Relieve Stress and Promote Relaxation



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Reviews

Unquestionably, this is the greatest job by any author. It really is simplistic but shocks inside the fifty percent in the book. I am just pleased to inform you that here is the greatest book i actually have go through within my own existence and could be he greatest ebook for at any time.

(Elva Kemmer)

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Transform your health with the definitive beginners guide massage with Essential Oils! Get 2 FREE Ebooks with this guide Are you ready to improve your health and vitality with the use of nature s greatest medicines? Allow me to introduce you to the world of essential oils, aromatherapy and massage. When it comes to administering essential oils for their amazing health benefits, few techniques are as effective or complementary as massage. Not only does massage address the practical need for introducing essential oils to the body, but also brings a whole host of therapeutic benefits to the table in its own right. Simply when used on their own, the unique remedial properties of essential oils can offer a wide number of health benefits, from the alleviation of pain, stress or tension, to boosting circulation and energy. When used in combination with the art of massage, the curative effect of these substances can be multiplied manifold. This book will explore the powerful link between essential oils and massage, and provide some guidelines as to how the two can be used in marriage to create a truly holistic form of therapy. Here is exactly what you will learn whilst reading this book A history of the essential oils and massageThe therapeutic benefits of massageHow massage enhances aromatherapyIn depth safety precautions How to spot, prevent and deal with irritation, sensitization and photosensitivityHow to deal with higher risk groups like the young and elderly as well as pregnant womenA run through of the basic massage techniques; effleurage, petrissage and tapotement How to create blends ideal for massagesCarrier oil basics and how to choose the right onesHow to reduce your stress levels with...



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