



Essential Oils for Mental Health: Beat Depression, Cure Anxiety and Relieve Stress (Essential Oil Recipes & Guide)

Harper Evans

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Whether you are new to essential oils or are an experienced aromatherapist, you will find that "Essential Oils for Mental Health" will provide you with the knowledge of an ancient practice that has the ability to clear your mind, beat depression, stop anxiety, relieve stress and help you gain the mental clarity you have always wanted. Essential oils are now being extensively studied and are even starting to replace some traditional medicines as forms of treatments for certain diseases and health ailments. In this essential oils guide, you will find great essential oil recipes for blending essential oils for beginners and advanced users alike. Not only will you get great recipes for blending your essential oils and aromatics, but you will start learning the amazing benefits these oils provide to the mind, body and soul as well as the how to use them to further your Yoga and meditation practice. You will discover that it is possible to beat depression, anxiety and stress without the use of expensive drugs that can lead to addiction and numerous other health issues. In this essential oils book, you will find the following:

Essential oils used for mental clarity

Essential oils used for depression

Essential oils for meditation

Essential oils used in Yoga

Essential oil recipes

Essential oil energy blends

And much, much more!

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