

## ESSENTIAL OILS BOX SET #2: Essential Oils & Weight Loss For Beginners + Top Essential Oil Recipes (Natural Remedies)



ESSENTIAL OILS BOX SET #2: Essential Oils & Weight Loss For Beginners (Ultimate Guide to Losing Weight, Increasing Energy, Balancing Metabolism & Appetite Using Essential Oils & Aromatherapy) + Top Essential Oil Recipes (A Recipe Guide of Natural, Non-Toxic Aromatherapy & Essential Oils for Healing Common Ailments, Beauty, Stress & Anxiety) **FREE BONUS INSIDE RIGHT AFTER CONCLUSION! 1 CLICK AWAY!** Essential oils & Weight Loss: Essentials oils are a great weight loss tool, along side diet and exercise by increasing your energy and balancing your metabolism. They will also assist you in suppressing your appetite, boosting your mood and burning fat. Learn how the use of certain Citrus like lemon, grapefruit, and bergamot are used in aromatherapy, massage and deep breathing to assist you in your successful weight loss journey. These essential oils have different properties that work to help you in breaking down fat in order to be fully absorbed by your body and turned into energy. They help curb your appetite and your midnight-snack cravings. They affect the part of the brain to help you relax and calm down instead of converting your anxieties and stresses into overeating. The essential oils discussed in this book will be your ally in keeping a regular exercise routine. Topic Covered.... Essential Oils Basics How They Work for You Citrus Essential Oils Non-citrus Essential Oils How Essential Oils will be Helper and Complement How To Evaluate Yourself With Using Essential Oils Much, much more! Top essential oils: You want to make essential oils? Dont know where to start? You need recipes to start with? Check, check, check! This is the right book for you! But it goes above and beyond by providing pages and pages of recipes right after discussing the basics on essential oils! Check out what is covered... What Are

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