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treatments. The
particles in
essential oils come
from distilling or
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different parts of
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the flowers, leaves,
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well essential oils
can work together
with this blend.

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Harmony includes
lavender,
peppermint,
orange, patchouli,

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and basil.

Together, the
aroma centers and
calms, perfect for
meditating or
relaxing. While the
orange oil is cold-
pressed, the other
ingredients are
steam-distilled.

Aromatherapy and
Essential Oils: Side
Effects & Use as a

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Aromatherapy is the use of essential oils (plant oils extracted from leaves, flowers, and other parts). Each oil has a characteristic scent, and in aromatherapy, the oil is inhaled or used topically on skin for sleep,

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Aromatherapy -
The Balance &

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Download Ebook Aromatherapy And Essential Oils Harmony of Body and Mind Essential Oils

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Directory: Essential Oil Properties, Uses and Benefits. The Essential Oils Directory lists over 130 oil profiles for essential oils, absolutes and CO2 extracts. Each detailed profile includes the uses,

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benefits,
properties,
botanical name,
common method of
extraction, oil
color, oil
consistency,
perfumery note,
strength of the ...

Aromatherapy &
Essential Oils for
Relaxation and
Stress Relief

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Aromatherapy is the practice of using essential oils topically and aromatically for overall wellness. Essential oils are a highly concentrated, natural oil produced from botanicals such as flowers, trees, roots, and seeds.

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Essential Oils: 11
Main Benefits and
101 Uses - Dr. Axe
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Cedarwood
essential oil
Cedarwood
essential oil is
thought to promote
hair growth and
reduce hair loss by
balancing the oil-
producing glands in
the scalp. It also

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has antifungal and
antibacterial...

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aromatic essential
oils medicinally to
improve the health
of the body, mind,
and spirit. It
enhances both
physical and

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emotional health.

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thought of as both
an art...

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Essential oils like
lavender and mint
are popular as
alternative
therapies to inhale
or to rub into the

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skin. Find out the
DOs and DON'Ts of
essential oils and
aromatherapy from
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What Is
Aromatherapy and
How Does It Help
Me?
Aromatherapy is
the use of essential
oils from plants to
support and

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balance the mind,
body, and spirit. It
is used by patients

with cancer mainly
as a form of

supportive care
that may improve

quality of life and
reduce stress ,

anxiety, and
nausea and

vomiting caused by
chemotherapy.

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How to Use

Essential Oils for
Aromatherapy

Benefits of
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Essential Oils for
Relaxation and
Sleep Studies have

shown that

aromatherapy is

very useful in

treating

psychological

disorders such as

stress, depression,

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and anxiety. By using essential oils to stimulate positive signals in your brain, you can significantly reduce negative emotional conditions.

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Aromatherapy is a
method of
employing
essential oils to
protect, heal and
beautify. Essential

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oils are described
as the life force or
essence of plants.
The most
wonderful thing
about essential oils
is that they are
available to
everyone

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Essential oils used in aromatherapy are typically extracted from various parts of plants and then distilled. The highly concentrated oils may be inhaled directly or indirectly or applied to the skin through massage,

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lotions or bath
salts.

Aromatherapy And
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Lemon, chamomile,
lavender,
cedarwood, and
bergamot are a few
of the essential oils
used regularly in
aromatherapy.

How Aromatherapy

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essential oils
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In aromatherapy, cinnamon essential oil can be used to help clear up chest colds. Applied topically, it can soothe muscle aches and pains, thanks to its antispasmodic and

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