



## **Essential Oils Box Set: 80+ Recipes on Essential Oils for Relaxation, Good Sleep, & Energizing Effect plus 20 Useful Tips on How to Use Coconut Oil to ... oils for beginners, coconut oil miracle)**

*Helen Turner, Katherine Hicks, Virginia Bailey*

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## **BOOK #1: Essential Oil Magic For Quick Healing: 60+ Admirable Recipes Guide on Essential Oils for Relaxation and Good Sleep, Natural Remedies, and Energizing Effect**

Are you interested in using essential oils for your everyday ailments?

Are you constantly dozing off in the middle of the day from lack of sleep at night and lack of energy during the day?

Then you might benefit from trying some essential oils in order to help you get a good night's rest and help you feel energized throughout the rest of the day! Essential oils have been used for hundreds, maybe even thousands, of years and we're just getting back to our ancestor's practices when it comes to everyday complaints. They knew what they were doing when they heated up oils and placed them in sick rooms hundreds of years ago, or rubbed them on chakra points throughout their body in order to reap the benefits.

### **Here is what you will learn after reading this book:**

- the extraction techniques companies use in order to obtain the oils, and which one is best for your health
- How to find good, quality oil that will last a while and will work wonders on your body and your mental health
- The benefits of using essential oils
- How to use essential oils properly so that you do not endanger yourself or anyone else
- Problematic contamination of essential oils and how to avoid them
- Sixty recipes for relaxation, energy, and a good night's sleep
- And much more!

## **BOOK #2: Essential Oils: 23 Tips for Using Essential Oils and Staying Balanced and Young Forever**

As essential oils become more attractive to the general population the questions about them seem to be growing by leaps and bounds. There is a plethora of information to take in, to gain a full understanding of how essential oils can help you to stay balanced in your life and keep you looking and feeling young.

In order for essential oils to work properly you must understand which ones are best for achieving the results you are seeking. It is also extremely important that you understand and follow any safety concerns regarding any type of oil. This book is designed to help the woman or man that is just starting to try essential oils for their well being.

### **Here is what you will learn after reading this book:**

- A brief history of essential oils
- List of common oils and their uses
- Safety concerns regarding essential oils
- Tips for proper handling
- Tips for use of essential oils
- A couple recipes to get you started

## **BOOK #3: Coconut Oil: 20 Useful Tips on How to Use Coconut Oil to Lose Weight and Make Your Skin Look Natural**

This is not just another book on coconut, this is the essential book, if you want to make the most of this amazing product. Everything you need to know is in the following chapters. We explain all the benefits of coconut oil, condensed down into 20 important and valid reasons why you should be using coconut oil.

### **Let us show you how the wonderful coconut is good for you, not only in helping you to loose weight but also:**

- Improving the digestive system, and make you feel fuller and more satisfied
- Helping to eliminate sugar cravings
- Balancing out blood sugar levels, especially important for those with diabetes
- Feeding your brain and building up energy levels

# Getting Your FREE Bonus

Download this book, and find **"BONUS: Your FREE Gift"** chapter right after the introduction or after the conclusion.

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**From reader reviews:**

**Jessica Lantigua:**

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