



Essential Oils and Aromatherapy Guide (Boxed Set): Weight Loss and Stress Relief in 2015

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Essential oils have a variety of positive uses. Peppermint can help with stomach issues and PMS. Clove oil is used to cure headaches. Inhaling citrus oils has been said to cure cabin fever. Other oils like mint and citrus help people relax during summer. Essential oils are organic and all-natural, so they can be used as replacements for certain harmful medicines and perfumes. Integrating essential oils into a person's routine can lead to becoming more relaxed, happy and fun to be around.

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