



Essential Oils 45 Wonderful Summer Diffuser Blends: (Essential Oils, Diffuser Recipes and Blends, Aromatherapy) (Natural Remedies, Stress Relief)

Lora Brenner

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Our mind is more powerful than we can imagine. Due to all that hustle and bustle, you maybe haven't had time to close your eyes, relax and observe how your brain creates connections between different fragrances that your nose picks up and your emotions, memories, and surroundings. Besides their numerous benefits, diffusing essential oils is a simple yet effective way to access all those connections. Moreover, taking some time to indulge yourself in aromatherapy will also help build new and positive experiences and memories. Essential oils simply explode with a whole variety of health benefits. They are praised for their antiseptic, antiviral, stimulant, antispasmodic, analgesic and all sorts of other properties. Since diffusion effectively distributes essential oil molecules into the air, this process is a great way to maximize your experience with these powerful oils. Diffusion does not only fill a room with a naturally refreshing aroma. This process of dispersing essential oil molecules across space actually scatters so many healing properties these oils possess. There are different ways to diffuse essential oils, but in this book, the focus will be on those blends that can be used in candle oil and ultrasonic diffusers. The book presents you 45 essential oil blends. Try them out and discover how essential oils can work wonders for your home and your loved ones.

- Fresh & Clean
- Let's Focus
- Eliminate Those Odors
- Citrus Explosion
- Take A Deep Breath
- Flower Garden
- Man-Cave Blend
- Bug Repellent Blend
- Spicy Citrus
- Bye-Bye Stress
- Count To Ten & Relax
- Anxiety Relief
- Flu-Symptom Relief
- Summer Sunshine
- Must Concentrate
- Sinus Headache Relief
- Go On Vacation
- Relaxing Spa
- Anger Management
- Citrus Forest
- Morning Clarity
- Soothing Blend
- Remember Winter

- Autumn-Infused Air
- Common Cold Relief
- Fresh Air
- Headache Relief
- It's Time To Sleep
- Stay Healthy
- Immune Booster
- Relax
- Take It Easy
- Night Blossom
- Be Happy
- Calm Down
- Stress Away
- Say Goodbye To Headaches
- Allergy Relief
- It's Summertime
- Immune System Booster
- Good Morning
- Boost Your Energy
- Sunset
- Candy Store
- Sleep Well

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Karen Olden:

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