



Healing Oils: 500 Formulas for Aromatherapy

David Schiller, Carol Schiller

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Create your own personal aromatic oils for every use—healing, pleasure, and beauty—with this comprehensive aromatherapy recipe book. It includes exact formulas for making hundreds of blends for stress relief, motion sickness, premenstrual syndrome, cellulite reduction, massage, skin and hair care, air fresheners, and more. Drawn from the world's flowers, trees, seeds, and roots, the oils offer an amazing variety of applications.

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