



# Essential Oils: Beginner Guide to Essential Oils to Improve Sleep, Kickstart Weight Loss, and Promote Healing

*Carrie Dresden*

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# Essential Oils: Beginner Guide to Essential Oils to Improve Sleep, Kickstart Weight Loss, and Promote Healing

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## **Essential Oils: Beginner Guide to Essential Oils to Improve Sleep, Kickstart Weight Loss, and Promote Healing** Carrie Dresden

The book “Essential oils: Beginner guide to essential oils to improve sleep, kickstart weight loss, and promote healing” represents a short guide to essential oils usage. In the book, you’ll find an introduction to essential oils and their history. Throughout the chapters it highlights the usage of essential oils for curing sleeping disorders, stopping bad eating habits and healing our body and soul. Due to a high level of stress and prolonged working hours, we forget to think of the importance of relaxation and stress relief during each day. The truth is that just a single change, like the decision to start using essential oils, could give us multiple benefits. At the end of the exhausting day, essential oils could relax us and prepare us for good night’s sleep. Another book’s chapter underlines that we can use essential oils for our weight loss plans. Even though it is a gradual process and it takes actually a few months to notice the results, it is worth it. Each line in this book shows that if we are motivated enough to combine essential oils usage with a workout plan and well-balanced diet, the results will come in a short period of time. Finally, there is a chapter that describes the usage of essential oils in the healing process, too. Aromatic oils are “magical” liquids which nourish our body, mind, and soul. Some of the most interesting recipes for better sleep, weight loss, and bones healing are included in the book. The last chapter is dedicated to the safety routine of using essential oils, which we always have to bear in mind.

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