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*Sheryl Louis*

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*Sheryl Louis*

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A handy quick-reference tool to have in your everyday survival tool kit, The Best Beginners Guide Book to Essential Oils will give you everything you need to start using essential oils in aromatherapy. The health benefits are endless—stress relief, better sleep, improved skin tone and texture, and a better outlook on life—all can be yours with the use of essential oils.

#### **In this book you will learn:**

- A short history of essential oils and aromatherapy
- How essential oils are made
- What certain oils do for your mental and physical health
- How to use essential oils in aromatherapy

You will be able to find ways to work aromatherapy into all aspects of your life and gain a better sense of

well-being because of it. The ancient Greeks and Egyptians knew what they were doing. And now you can take advantage of that age-old wisdom and apply it to the day-to-day grind of the twenty-first century. Try aromatherapy and you will not be disappointed.

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