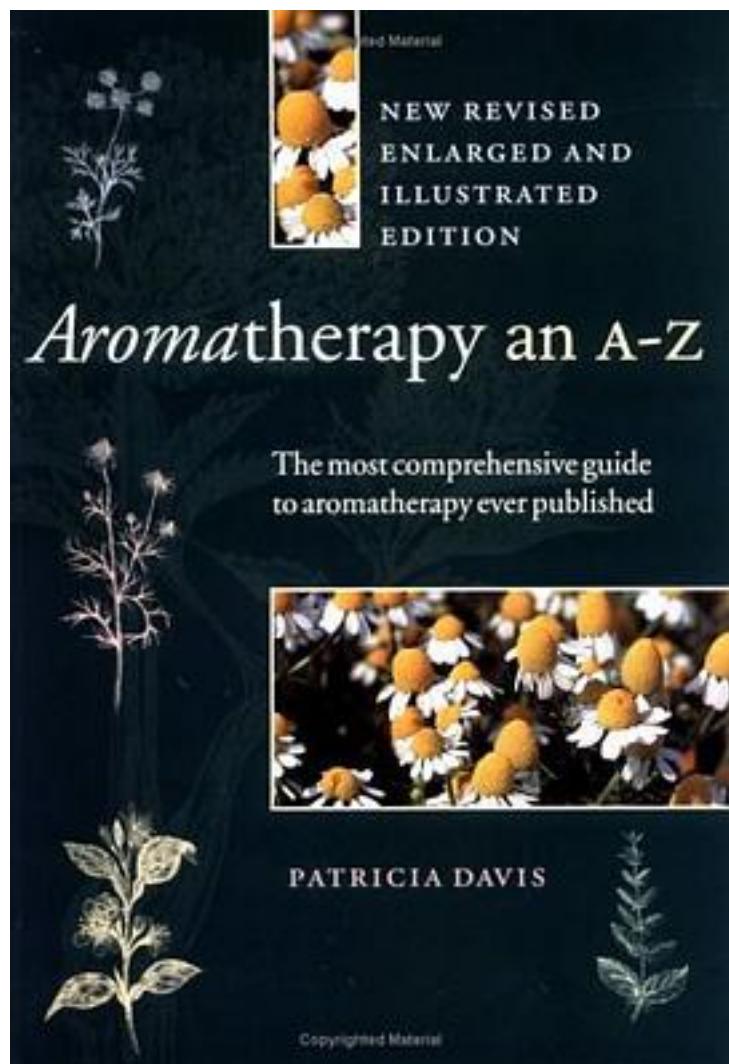


Aromatherapy



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著者:Charla Devereux

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Swing open the box and you'll find everything you need to enter the fragrant world of aromatherapy. Essential oils offer amazing benefits for your health, beauty and well-being. You'll learn how to use them as part of massages, facials, toners and compresses, how to combine them to widen their use, and how to use them to treat common ailments. There's an oil sample and a fragrance ring to get you started, plus cards to help you select the right oil every time. Now you can practise the ancient healing art of aromatherapy.

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