



Essential Oils for Your Family: A Beginner's Guide with Recipes for Home and Health

Sarah Michaels

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Find A Better Way to Health with Essential Oils

Are you looking for a better way to health? In today's fast-paced world, many wish they could find more natural ways of living. Many more have ailments that conventional medicine doesn't treat. Sarah Michaels has studied essential oils for over 10 years and has condensed her knowledge and experience into this quick-start guide.

Maybe you've heard the buzz about the health benefits of essential oils, but you don't know where to start. If so, this book is written just for you: a no-fluff guide to getting started.

Inside, you'll find:

- Scientific Research Supporting the Use of Essential Oils
-
- How to Use Essential Oils Safely
-
- What You Need to Get Started
-
- More than 20 Beginner Recipes Covering Everything from First Aid to Mental Health to Cleaning Your Home

Essential Oils for Beginners is the perfect guide for the novice who wants to get acquainted with using oils as quickly as possible, with the help of an expert to lead the way. Buy now to get started!

About the Author

Written by Sarah Michaels, a mother of three and natural living expert. From studying the traditional diet of the Inuit people, to fermenting her own kombucha, Sarah has spent years learning natural ways to improving her family's health. Sarah lives in Texas with her family, a flock of chickens, and a small herd of dairy goats.

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