



# **Essential Oils for Allergies: Your Definitive Guide for Safe and Natural Aromatherapy to Live Healthier, Longer and Have More Energy (Complete With Recipes and Illustrations)**

*Jeanne Hill*

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# Essential Oils for Allergies: Your Definitive Guide for Safe and Natural Aromatherapy to Live Healthier, Longer and Have More Energy (Complete With Recipes and Illustrations)

*Jeanne Hill*

## **Essential Oils for Allergies: Your Definitive Guide for Safe and Natural Aromatherapy to Live Healthier, Longer and Have More Energy (Complete With Recipes and Illustrations)** Jeanne Hill

Have you ever felt the itch on your skin when you put on your favourite dress? Or perhaps the tingling sensation on your scalp after washing your hair with shampoo? These along with sneezing and a myriad of other conditions are symptoms of allergies. If you find yourself suffering from these conditions, you are not alone. Allergies affect more than 35 million people in the US.

Essential Oils for Allergies: Your Definitive Guide for Safe and Natural Aromatherapy will show you a step by step process to use essential oils safely so you can cure allergies. Say goodbye to itchy skin and uncontrollable sneezing. You will learn the secrets of getting a radiant skin complexion. This book cuts straight to the chase and gives you the essential information that you need.

Here is a glimpse of what you will get:

- Learn how to identify household items that are giving you the allergic reaction and how to prevent them
- The different properties of essential oils so you know which ones are safe to mix
- The #1 essential oil brand that is guaranteed safe and natural for individuals with allergic reaction to save you time searching around the internet or the supermarket
- 3 tips to handle essential oils safely
- How to make simple changes in your life to prevent allergic reaction
- 11 natural essential oil recipes that you can prepare from home so you can save thousands of dollars in essential oils purchase every year
- And many more

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