



## Essential Oils: The Aromatherapy Tool for a Quick and Fast Way to Wellness and the Healing Art Today!

By Catherine Walker

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do you want to maintain psychological and physical well-being? Now, if your answer is yes then, Aromatherapy is one of the best options you can go for. The reason is not far fetched: it is natural and involves using the volatile oils derived from plants. In fact, the process triggers certain biochemical responses in the brain thus activating the dormant functions of the body, which may have cause the "not feeling well" in the first place! In addition, aromatherapy soothes your body and mind. During the massage you feel a unique sensation and a fresh aroma which cools your brain. There is nothing like you having a massage after a tedious day and you are able to relax your body muscles through aromatherapy. In fact, Aromatherapy oils, otherwise known as Essential Oils, provide the best quality of therapy. It also leads to physical healing and mental healing. Yes, the oils are used by therapist and other professionals to provide top quality massage to their customers using different aromatherapy recipes. In fact, they also...



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