



Essential Oils and Coconut Oil Box Set: The Amazing Guide for Beginners to Lose Weight, Prevent Allergies and Relief Stress (Meditation and Relaxation)

Tiffany Brook, Monique Lopez

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Essential Oils and Coconut Oil Box Set (2 in one)

Book One: Essential Oils for Beginners: Amazing Guide to Secrets of Aromatherapy with Easy Recipes for Stress Relief, Healthy Body and Mind

When it comes to aromatherapy, the essential oils are the chief components of them, essential oils are used everywhere in the world, so the main extractions from the famous flowers and herbs are embedded in this book. The solution for every problem is present in the essential oils, whether it is about reducing the weight or getting rid of the mosquitoes.

Due to the instant results and less side effects, the essential oils are commonly used to optimize the desired results. If you are seeking the perfect blends for the healthier skin, cure of many diseases and reduction in stress, then you can get the bulk of recipes not only for above topics but also for many other conditions.

So, get the immediate remedies either implemented in the form of blend or individually from this book and alter the life with the help of the natural products.

In this book you will learn:

- Unmasking the main concept of essential oils
- Revealing the inevitable effects of the aromatherapy
- Explaining the benefits of the essential oil purpose
- Guiding about the essential oils selection
- Unveiling the essential oils blends
- Considering the essential oil's preventive and risk factors

Get all this interesting information by downloading this book right away!

Book Two: The Amazing Coconut Oil Guide for Beginners: Discover the Benefits and Secrets to Prevent Allergies, Lose Weight and Improve Health

Have you heard of the curative properties of coconut oil and how you can use it to lose weight and cure your allergies?

Perhaps you have heard of them but you're not sure how to incorporate more coconut oil into your diet?

Stop looking across the vast and wide Internet for all of your coconut oil needs and take a look at this book! You'll find information on the different types of coconut oil, as well as how to use them in your everyday cooking in order to help you lose weight and become healthier by preventing allergies.

Did you know that candida or yeast are some of the common causes of allergic reactions in people? They make our immune systems over-sensitive, which ends up causing our immune systems to overreact to pollen in the air. Coconut oil can help with that!

In this book, you'll find the following information:

- The composition of coconut oil.
- The health benefits of coconut oil.
- How to cook with coconut oil.
- How to use raw coconut oil in your everyday recipes and how to use it to cure your allergies and lose weight.
- Delicious recipes that showcase coconut oil!

So scroll up and get a copy of this book in order to learn more about this beneficial oil and how it can help you become healthier today!

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