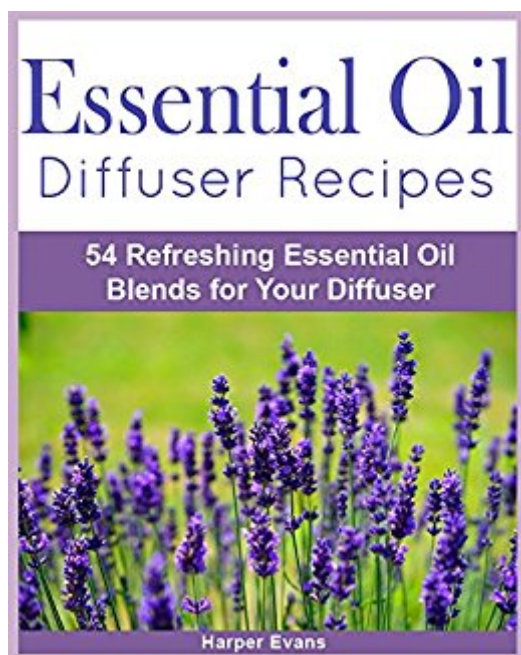


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# Essential Oil Diffuser Recipes: 54 Refreshing Essential Oil Blends For Your Diffuser



## Synopsis

54 Refreshing Essential Oil Diffuser Recipes Essential oils are a curiosity to many folks -- they smell nice, but many people are just not sure what to do with them, never mind how to get the most from aromatherapy's science-proven benefits. So where to start?! Inhale! Breathe them in! The simplest means is through diffusion: evaporating the oils into your home, office, or other living space. By using a diffuser to accelerate the evaporation of oils in the air around you, one can both enjoy the wonderful aromas of pure essential oils, and go so far as to use them for their therapeutic, medicinal effects. In this essential oils book, you will discover 54 invigorating diffuser recipes that can be used to improve your mood, increase your health, and uplift your mind, body & spirit!

## Book Information

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## Customer Reviews

I am a beginner to essential oils and have recently started using a diffuser. I bought this book and it really does have some awesome essential oil diffuser recipes. Also, I like how the author discusses the different essential oils and their uses before giving the recipes.

I love the recipes in this book.

Not what I was expecting

enjoyed the recipes

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