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This is due to their ability to promote a healthy body and serene mind by aiming to restore balance both physically and psychologically. This book opens up the world of aromatherapy by providing lots of information and practical advice on how to maximize the use of essential oils. 600 Aromatherapy Recipes will teach you how to create your own blends in the comfort of your home, advise you what steps to undertake when buying essential oils, and also how to store them properly.

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1 drop peppermint essential oil; 1 drop frankincense essential oil; ½ teaspoon turmeric;

Instructions: Heat 1/8 cup of water in a pan. Place the warm water in a small dish. Add the peppermint essential oil. Stir. Add the gelatin. Blend well. Add the frankincense. Stir. Add the turmeric. Stir until well blended.

5 DIY Essential Oil Skincare Recipes for Natural Beauty ...

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