

## Essential Oils for Natural Weight Loss: All You Need to Know about Aromatherapy to Lose Massive Weight and Feel Amazing (Paperback)



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### ***Reviews***

*Thorough information! Its this kind of good read. Yes, it is perform, continue to an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.*

*(Loyal Grady)*

## ESSENTIAL OILS FOR NATURAL WEIGHT LOSS: ALL YOU NEED TO KNOW ABOUT AROMATHERAPY TO LOSE MASSIVE WEIGHT AND FEEL AMAZING (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Essential Oils for Weight Loss: The Practical and All Natural Solutions that Work! A truly holistic approach to guarantee your weight loss and wellness success! From: Marta Tuchowska (Author, Holistic Wellness Expert and Coach, Certified Aromatherapist, Massage Therapist) Subject: How to stimulate weight loss with essential oils and create your own amazing and unique holistic weight loss spa at home. Dear Friend, Have you heard all the hype about how aromatherapy and essential oils are extremely effective for weight loss? Do you believe the hype? If not, you should! I am just about to reveal to you why these natural remedies really do work, and to help you create a new, healthier version of yourself. Although aromatherapy and essential oils are not the ultimate weight loss solution (a healthy diet and exercise should be), essential oils have a range of healing properties for the body and mind and should be a part of everyone's daily lifestyle whether you want to lose weight or not. Even if you have the best diet and fitness plan around, some additional strategies should be applied to help you prevent emotional eating, detoxify your body, achieve a healthy pH balance (essential oils and the alkaline diet go hand in hand), reduce cellulite and stretch marks, increase your energy levels (so that you can carry on your fitness goals), reduce muscle pain and tension after working out, ease stress, fight insomnia (if you don't get enough sleep or don't sleep well, you are more prone to uncontrolled sugar cravings) and add to your overall wellbeing. In other words, you need to build up a strong foundation and a...



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