



Essential Oils: 40 Essential Oil Recipes For Total Health & Wellness (Essential Oils and Aromatherapy)

Sally Evans

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If you're looking to get started with essential oils you want to make sure that you're doing it right.

If you're looking for a way to get yourself feeling better, looking better and being more productive then you're definitely going to want to check this out. Make sure that you look at the essential oils that are going to help most with your needs and then make sure that you are really using them in your life.

You'll be surprised what you can accomplish with just a few simple oils. They're going to really change your life and all that with just something that's also going to smell great in your home and on you as well. So let's get started with what these oils are and what they can do for you.

Essential oils are the extracted oils of a plant. They can come from any plant at all and typically carry on the fragrance of that plant as well as a variety of healing benefits associated with the plant itself.

The plant needs to be distilled in order to produce this oil and each plant that is used actually only produces a very tiny amount. It actually takes literal tons of each plant to make as little as one pound of essential oil.

That's the main reason that each little bottle that you buy is going to be so expensive. Because it takes so much to make you are actually getting charged for all of the plants that have to be sacrificed for the process. You're also paying for all the hard work that goes into the process.

Originally, essential oils were believed to be the spirit of a plant. These spirits were believed to have mystical healing powers that could cure a variety of different ailments. Though we've come to understand now that there really isn't anything 'spiritual' about essential oils, we do know that our ancestors were right in believing that these oils had healing powers.

They really can provide you with a lot of different benefits and healing abilities in a range of different parts of the body and in plenty of different ways. They can provide help with weight loss, health and anything else you can think of through several different methods we'll explain later.

While in the plant these oils actually serve an important purpose:

They help to attract bees and other insects which help to pollinate the plant, making it grow even better. This is believed to occur because of the aroma of the oil.

They also help to prevent other plants from growing too close, thereby stealing the nutrients from the first plant. This occurs because of the chemicals that are a natural part of these oils and prevent other plant species from popping up.

Next, they can help to keep other animals and insects from eating the plant because of the chemicals and also because of the smell itself. These can be dangerous (or just taste bad) to plant predators.

Finally, they are antifungal and antibacterial and therefore can keep many diseases out of the plant beds and therefore keep the plant healthy and living longer.

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