

# Smart Moms Guide to Essential Oils Natural Solutions for a Healthy Family Toxin-Free Home and Happier You

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## BOOK DETAILS

- Author : Mariza Snyder
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## BOOK SYNOPSIS

Offers over 50 of the most useful essential oil recipes for tackling every moms daily needs As a mother, you are always looking for ways to make your family safer, happier and healthier. This book shows how essential oils can help you achieve all those things. And you'll save money! An easy-to-use handbook for creating natural solutions, green cleaners, and toxin-free personal care items, the Smart Mom's Guide to Essential Oils provides pure and potent recipes, including: •Peppermint and Grapefruit energizing air diffusion •Fennel and Eucalyptus respiratory relief rub •Citrus-infused cleaning spray and scrub •Lavender and Melaleuca skin-soothing salve •Chamomile and Vetiver stress reliever •Spearmint-powered digestive aid Your family's wellness starts with you. That's why this helpful handbook also features a powerful regimen to reduce stress, increase energy and sustain your own personal vitality.

### **SMART MOMS GUIDE TO ESSENTIAL OILS NATURAL SOLUTIONS FOR A HEALTHY FAMILY TOXIN-FREE HOME AND HAPPIER YOU**

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