



Essential Oils Box Set: 43 Effective Tips On How to Use Essential Oils plus Coconut Oil Recipes with 22 Amazing Massage Reflexology Techniques to Successfully ... reflexology, how to use essential oils)

Katherine Hicks, Virginia Bailey, Julia Jackson

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BOOK #1: Essential Oils: 23 Tips for Using Essential Oils and Staying Balanced and Young Forever

As essential oils become more attractive to the general population the questions about them seem to be growing by leaps and bounds. There is a plethora of information to take in, to gain a full understanding of how essential oils can help you to stay balanced in your life and keep you looking and feeling young.

In order for essential oils to work properly you must understand which ones are best for achieving the results you are seeking. It is also extremely important that you understand and follow any safety concerns regarding any type of oil. This book is designed to help the woman or man that is just starting to try essential oils for their well being. This book is going to help you gain the knowledge you'll need to make the best decisions for you and your family when it comes to the use of essential oils.

Here is what you will learn after reading this book:

- A brief history of essential oils
- List of common oils and their uses
- Safety concerns regarding essential oils
- Tips for proper handling
- Tips for use of essential oils
- A couple recipes to get you started

BOOK #2: Coconut Oil: 20 Useful Tips on How to Use Coconut Oil to Lose Weight and Make Your Skin Look Natural

This is not just another book on coconut, this is the essential book, if you want to make the most of this

amazing product. Everything you need to know is in the following chapters. We explain all the benefits of coconut oil, condensed down into 20 important and valid reasons why you should be using coconut oil.

What better way to treat your body than by using a natural product with healing property.

Let us show you how the wonderful coconut is good for you, not only in helping you to loose weight but also:

- Improving the digestive system, and make you feel fuller and more satisfied
- Helping to eliminate sugar cravings
- Balancing out blood sugar levels, especially important for those with diabetes
- Feeding your brain and building up energy levels

BOOK #3: Reflexology: 22 Amazing Techniques to Successfully Relax Your Hands & Feet

This book will give you a brief history and explanation of the fascinating treatment method called "Reflexology", and then will teach you 22 different Reflexology techniques which you can use on yourself or others to help hands and feet relax.

The book includes:

- A chart of the different reflexology points in our hands
- A chart of the different reflexology points in our feet
- Explicit, easy to understand and follow directions for performing Reflexology techniques yourself
- Information about the benefits of Reflexology, and when it should not be used
- Guidance regarding treating children with Reflexology
- Photographs that demonstrate some of the reflexology techniques

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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Joseph Franson:

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