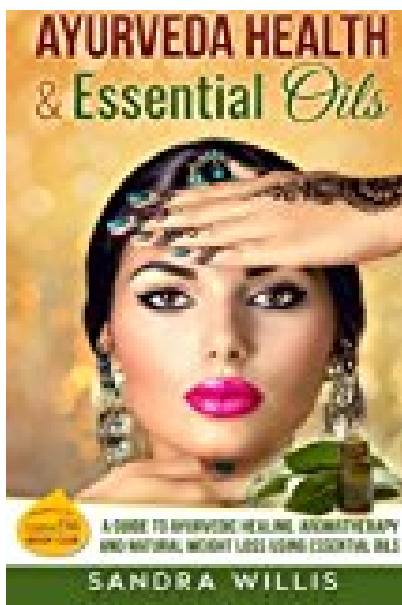


Ayurveda Health & Essential Oils A Guide to Natural Ayurvedic Healing Aromatherapy and Weight Loss Using Essential Oils Essential Oils Book Club



BOOK DETAILS

- Author : Sandra Willis
- Pages : 42 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
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BOOK SYNOPSIS

Discover How to Improve Your Life Using Ayurveda Health & Essential Oils This book is dedicated to delivering the benefits of Ayurveda health to each and every aspect of your life using Essential Oils. Are you curious about: The Ayurvedic mind/body connection? The three Doshas that make up your body? How to lose weight with Ayurveda? How to relax and unwind using essential oils and Ayurveda? How to soothe joint and muscle ache? Looking for mental clarity and uplifting spirituality? Ayurveda teaches you to identify imbalances in your mind, your digestion, and your metabolism. Using this book you will learn how to combine essential oils with the practices of Ayurveda to improve each and every aspect of your life including stress relief and losing weight. This book also includes a Bonus Chapter on Panchakarma. Gain the knowledge on Ayurveda Health & Essential Oils to take control of your mind and body. Happy reading!

AYURVEDA HEALTH & ESSENTIAL OILS A GUIDE TO NATURAL AYURVEDIC HEALING AROMATHERAPY AND WEIGHT LOSS USING ESSENTIAL OILS ESSENTIAL OILS BOOK CLUB

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