

10

ESSENTIAL OIL BLENDS

for Aromatherapy Roll-ons

HELLONATURAL.CO



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**GOOD NIGHT
SLEEP TIGHT**

7 drops
Roman Chamomile

5 drops lavender



+



+



+



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**SORE
MUSCLES
BLEND**

2 drops
Ginger

1 drop
Black Pepper

4 drops
Peppermint

5 drops
Eucalyptus



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+



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**STRESS
BLEND**

6 drops
Clary Sage

4 drops
Lavender

2 drops
Lemon



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+



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WAKE-ME-UP

4 drops
peppermint

2 drops
frankincense

4 drops
lemon



+



+



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CONCENTRATION

6 drops
Rosemary

4 drops
lemon

2 drops
Peppermint



+



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**WINTER
BLUES**

8 drops
Orange

2 drops
Ylang ylang



+



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**APHRODISIAC
BLEND**

8 drops
Sandalwood

2 drops
Jasmine



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**HEADCASE
& SINUS
RELIEF**

8 drops
eucalyptus

4 drops
peppermint



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**CRAMP
RELIEF**

5 drops
peppermint

4 drops
cypress

3 drops
lavender



+



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**MINOR
BOO BOOS**

6 drops
lavender

6 drops
tea tree

Aromatherapy Essential Recipes Guide Beginners

Ian Pickup



Aromatherapy Essential Recipes Guide Beginners:

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Table of Contents Aromatherapy Essential Recipes Guide Beginners

1. Understanding the eBook Aromatherapy Essential Recipes Guide Beginners
 - The Rise of Digital Reading Aromatherapy Essential Recipes Guide Beginners
 - Advantages of eBooks Over Traditional Books
2. Identifying Aromatherapy Essential Recipes Guide Beginners
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Aromatherapy Essential Recipes Guide Beginners
 - User-Friendly Interface
4. Exploring eBook Recommendations from Aromatherapy Essential Recipes Guide Beginners

- Personalized Recommendations
- Aromatherapy Essential Recipes Guide Beginners User Reviews and Ratings
- Aromatherapy Essential Recipes Guide Beginners and Bestseller Lists
- 5. Accessing Aromatherapy Essential Recipes Guide Beginners Free and Paid eBooks
 - Aromatherapy Essential Recipes Guide Beginners Public Domain eBooks
 - Aromatherapy Essential Recipes Guide Beginners eBook Subscription Services
 - Aromatherapy Essential Recipes Guide Beginners Budget-Friendly Options
- 6. Navigating Aromatherapy Essential Recipes Guide Beginners eBook Formats
 - ePub, PDF, MOBI, and More
 - Aromatherapy Essential Recipes Guide Beginners Compatibility with Devices
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- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Aromatherapy Essential Recipes Guide Beginners
 - Highlighting and Note-Taking Aromatherapy Essential Recipes Guide Beginners
 - Interactive Elements Aromatherapy Essential Recipes Guide Beginners
- 8. Staying Engaged with Aromatherapy Essential Recipes Guide Beginners
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Aromatherapy Essential Recipes Guide Beginners
- 9. Balancing eBooks and Physical Books Aromatherapy Essential Recipes Guide Beginners
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Aromatherapy Essential Recipes Guide Beginners
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Aromatherapy Essential Recipes Guide Beginners
 - Setting Reading Goals Aromatherapy Essential Recipes Guide Beginners
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Aromatherapy Essential Recipes Guide Beginners

- Fact-Checking eBook Content of Aromatherapy Essential Recipes Guide Beginners
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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