

Download Essential Oils Effective Aromatherapy Treatment For Skin Hair Beauty Care

Essential oils are organic compounds extracted from plants with tremendous healing properties. Using essential oils for healing purposes is often called aromatherapy, which is a holistic treatment seeking to improve physical, mental and emotional health. Learn all about how to use essential oils in your home, from physical wellness and spiritual awareness to cleaning with essential oils and personal care. 101 Essential Oil Uses for Health, Beauty, Home + More. What are essential oils good for? Well, here are the many essential oils uses for your body (including oral, hair and skin care), general health (such as for allergies, digestion and sleep), the home (DIY all-purpose cleaner, mold killer, etc.) and recipes (including healthy sweets!). Although not scientifically proven to be effective against head lice, anecdotal reports suggest that essential oils do work, and they do not contain industrial chemicals and insecticides employed by some proprietary brands of head lice treatment.