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**Stephanie L. Tourles**

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speaker and wellness expert Hayley Hobson gives you the information you need to harness the benefits of essential oils by understanding how they work how to ensure quality and how to use them safely and effectively for specific purposes Hayley s program promotes a holistic path to wellness by incorporating the use of essential oils with a regimen of exercise healthy eating and mental and emotional practices Learn about Hayley s signature recipes created for specific purposesHelpful remediesDaily changesSafe handling and usageUsing oils to create balance as part of a holistic lifestyleWhy we get out of balance in the first placeA 31 Day plan with daily inspiration [Stephanie Tourles's Essential Oils: A Beginner's Guide](#)

Stephanie L. Tourles,2018-08-07 Best selling author and herbalist Stephanie L Tourles offers reliable guidance on using essential oils effectively and safely This friendly accessible introduction to the 25 most versatile oils for health and wellness highlights the key characteristics of lavender chamomile eucalyptus lemon peppermint rosemary tea tree and other popular oils You ll learn how to blend and apply these highly concentrated aromatherapy oils for use from head to toe The 100 recipes including Tranquil Demeanor Balm Super Herbal Antibacterial Drops Sunburn Rescue Spray Sore Muscle Bath Salts and Dream Weaver s Relaxing Rub offer fragrant natural ways to enhance well being and promote healing [The](#)

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ills that modern life inflicts on our bodies and souls      **The Beginner's Guide to Office Work** Frederick Hooper,James Graham (Inspector to the West Riding County Council.),1899      Psychology G. Neil Martin,2008-08-07 Can personality and intelligence be measured Is being physically attractive an advantage Is it really better to forgive and forget How do babies learn to perceive and think Can listening to Mozart improve IQ What happens when we sleep Attempting to answer these important questions and more psychology the scientific study of human and nonhuman behaviour has never been more popular From TV experts to the amateur musings of your best friend the language of psychology has permeated all aspects of everyday life Here the author proves that modern psychology concerns far more than the everyday stereotypes of Freud Jung and common sense advice Exploring the senses how memory works and what determines our intelligence and personality this Beginner s Guide is informed by the latest cutting edge research and provides a vibrant and witty examination of the very heart of what it is to be human Dr G Neil Martin is Reader in Psychology a Fellow of the RSA a Chartered Scientist and Director of the Human Olfaction Laboratory at Middlesex University UK He has written several books on psychology and neuroscience co authored the first online course in introductory psychology in Europe and has written over 150 articles for The Psychologist The Times The Observer and the Annals of Improbable Research amongst others His research focuses on the psychology of smell and taste the perception and understanding of psychology and the psychology of humour

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