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475 HERBAL AND AROMATHERAPY RECIPES Demetria Clark, Master Herbalist makes my life more pleasant and easier with this compilation of knowledge of uses for herbs. Her specialties include pregnancy and birth, nursing and children. Demetria has a full schedule as mother, wife, midwife, doula, aromatherapy, traditional medicine maker, and Director of Heart of Herbs Herbal [...]

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475 Herbal and Aromatherapy Recipes: Recipes for Life, Family and all of your Household Needs. This is another book that I would be completely lost without! I first learned about the author, Demetria Clark, when I started my Herbs and Children series. I was really inspired by her back-to-basics approach to herbalism and aromatherapy.

~~The 6 Best Herbal Remedy Books and Herb Recipe Books ...~~

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We have 22 Aromatherapy Massage Oil Recipes below to pick from, or if you are feeling adventurous you can create your own. Best Essential Oils for Massage Oils Single essential oil massage oils can be as powerful as any blend, so no need for a recipe here because you will just need the single essential oil and carrier oil of choice.

~~22 Aromatherapy Massage Oils - Free Essential Oil Recipe Guide~~

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