



Make Your Own Essential Oils from Raw Plants: Using Oils & Herbs for Optimum Health

Amber Richards

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Learn about the health benefits that using essential oils can provide you and your family. By making own from the raw plants and herbs nearby, you can save money and ensure that your oils are fresh. Discover unique recipes and blends to address a variety of health concerns naturally.

Essential oils, volatile oils, or ethereal oils are concentrated liquids that contain a combination of plant chemicals that are valuable for many uses, which you'll learn more about. They can be utilized for the production of perfumes, soaps, cosmetics, and many other products.

They also have their place in medicine. Throughout history essential oils have had, and continue to play, huge roles in the treatment of ailments like:

- Colds & Flu
- Arthritis
- Insomnia
- Strengthen Immune System
- Bronchitis
- Acne
- Minor Cuts & Scrapes
- Flu and Colds
- Fatigue
- Digestion Problems
- High Blood Pressure
- Many More!

In this audiobook, simple ways are revealed to make your own essential oils from raw plants and herbs, along with many recipes to help address these health concerns and many other applications.

This guide gives you an overview history of essential oils, and ends showing very simple ways you can distil, combine, and use essential oils for many situations. Experience the improved health and energy that using essential oils can provide.

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