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The best essential oils of 2021

If you're one of the 78% of people who suffer from tension headaches, then you've been there. While classic over-the-counter meds like acetaminophen or ibuprofen can be great to ease the pain, staying ...

The Best Essential Oils for Headaches, According to an Aromatherapist

The evidence may be limited but the fan club is large. Essential oils have been used therapeutically for centuries, but can they stand up to the test of modern science Essential oils are concentrated ...

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5 of the best essential oils and their uses

Curious about essential oils? Here's a complete guide to using them properly to reap maximum therapeutic benefits Essential oils have been getting a lot of buzzes lately and the wellness trend hasn't ...

Essential Oils: The Uses, Benefits And Products To Try With the stress of the past year and all the extra time we're still spending at home, it's not surprising that we're all looking to essential oil diffusers for a way to make our homes feel a little ...

The Best Essential Oil Diffusers To Help You Relax In 2021

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*Cecile Bascoul, doTERRA's Director of Product Safety,
joined us from the doTERRA Lounge to give us an
insight into a day in the life of a doTERRA scientist.
Cecile has a PhD in Bioscience from Cardiff ...*

*We learned all about the science of essential oils from
the doTERRA Lounge*

*And research backs this up: a systematic review of 15
quantitative studies, including 11 clinical trials,
concluded that essential oils (the most popular being
lavender) could be a good consideration ...*

*10 health benefits of essential oils, backed by research
With the reopening of both in-person and remote classes*

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*in most states, it can be stressful for children returning
to school or adjusting to online learning.*

(PRUnderground) May 27th, 2021 Studies ...

***GreenAir Kid-Friendly Essential Oil Diffusers Benefit
Children During Reopening of Schools***

***Linne's Rise & Rest is a set of functional fragrances that
use essential oils to wake you up in the morning and help
you relax at night.***

***This Functional Fragrance Duo Can Help You Break the
Coffee-to-Cabernet Cycle***

***If you've had to deal with an outbreak of poison ivy, you
know how it feels to want to get rid of that itchy rash***

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ASAP. While your poison ivy likely won't be able to be cured overnight, there are ...

There Are Better Remedies for Poison Ivy than Essential Oils

It takes effort to practice good sleep hygiene and get ourselves to fall asleep. Sticking to a strict bedtime routine, creating an environment that ...

Expert opines on the role of nutrition on sound sleep and improved mental health

Sleep health affects more than our quality of life, it is also an indicator of more serious health conditions.

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*Deeper Sleep With Essential Oils Soap Making
Bath Bombs Coconut Oil Lavender Oil Coconut
Oil To Treat*

***Why Sleep Health is More Essential Than Ever in the
Wake of Covid-19***

There is the cultic mythology of the French pharmacy, for example, where dewy-skinned gallic women stock up on their no-frills, science-led skincare (the practical secret to their effortless glow).

***The Rise of B-Beauty: How British Brands Are
Revolutionising Skincare***

Aromachology's finest quality essential oils are perfect for handmade soaps, bath bombs, scented candles, natural beauty products, and much more. Copyright © 2005 - 2021 - SBWire, a service of Release ...

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Deeper Sleep With Essential Oils Soap Making
'Aromachology,' World's Leading Wholesaler of Pure,
Organic Essential Oils and Floral Absolutes

**BIRMINGHAM, AL (WBRC) - Rachel Hatfield uses
essential oils every day - for cleaning, sleep, anxiety,
immunity support. "When I first heard about essential
oils I was skeptical about them ...**

Essential oils: Medicine or myth?

***RELATED: I Tried Taking an Apple Cider Vinegar Bath,
Here's What Happened To make yourself most
comfortable: Meanwhile, if you're in the bath for
relaxation purposes, the correct water temperature is ...***

How to Take the Perfect Bath, According to Science

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***We've listed safety information as provided by
manufacturer, but do note that some essential oils are
not advised for use in pregnancy or for babies/children.
Please check with your pharmacist before ...***

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