



**Essential Oils Box Set #10: Body Lotions For  
Beginners & Oil Pulling Therapy For Beginners  
(Aromatherapy, Healing, Healthy Living, Skin  
Care, Detox, Cleansing, ... Essential Oils, Hair  
Loss, Healthy Living,)**

*Lindsey Pylarinos*

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# **Essential Oils Box Set #10: Body Lotions For Beginners & Oil Pulling Therapy For Beginners (Aromatherapy, Healing, Healthy Living, Skin Care, Detox, Cleansing, ... Essential Oils, Hair Loss, Healthy Living,)**

*Lindsey Pylarinos*

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## **Body Lotion for Beginners: The Ultimate Guide to Making All Natural Body Lotions for Glowing, Youthful Vibrant Skin & Oil Pulling Therapy For Beginners: Detoxify & Heal Your Mouth, Teeth, Gums & Body With Coconut Oil Through Natural Oil Pulling**

### **GET YOUR BONUS TODAY! IT WILL LAST YOU YEARS! RIGHT AFTER THE CONCLUSION**

*The skin is more than just the covering of our body. It is the body's largest organ, and it has important roles in ensuring the healthy functioning of the entire body. One of the skin's major attributes is that it is semi-permeable. Because of this feature, certain substances can penetrate the skin while other substances are blocked. Therefore, the skin both protects and nourishes the body. To explain, several toxins are sweated out through the skin and there are lots of nutrients that are absorbed in the body through the skin. Bacteria are blocked from entry in the body, and essential body fluids are contained.*

*This fact indicates that what you apply to your face and skin is as essential as what you eat. In other words, natural cosmetics are as good as the natural food you eat. Most of the ingredients used in making natural products for your skin are usually found in your kitchen while other ingredients can be purchased from specialty shops selling natural, organic products. The recipes in this book use only organic plant based ingredients.*

*In order to keep the skin supple and in good condition, effective skin care is needed so it will look beautiful and carry out its function perfectly. Using natural substances like essential oils, fruits, flower waters, honey and others in homemade lotions can provide different skin treatments for all types of skin. The body lotion recipes in this ebook are easy to make and are all natural and healthy. They are also cheaper than the commercially available lotion that you would normally buy. Furthermore, you can experiment with and test other skin care ideas.*

## **Body Lotion Topics...**

- Body Lotions
- Basic Ingredients and Equipment Used in Making Natural Body Lotions
- Basic Instructions in Making Lotion
- Homemade Body Lotion Recipes
- Benefits of Adding Essential Oils in your Homemade Lotion
- Safety Colorants for Lotion
- Much, much more!

### ***Oil Pulling***

*Did you know oil pulling process literally heals every working part of your body, eventually making you fit and healthy in the long run?*

*Nutritionists and functional medicine specialists have seen positive results. Although the oil pulling concept has already started to gain steam in the Western World in recent years, dental professionals are still confused when it comes to proper responses to patient cases who have already adopted this particular alternative therapy.*

*The thing is the longer you do the swishing of oil into your mouth (specifically the teeth and gums), the more microbes will be dug and taken away. You have to swish the oil enough until it turns into milky white. When this happens you can be certain that harmful bacteria has been removed.*

*Oil pulling basically works effectively. The best part of it all is that it doesn't end there. There's so much that we could still discover, so much that the oil pulling process could do for our personal health.*

## **Oil Pulling Content Covered...**

- The Oil Pulling Therapy “Health Craze”
- The Art And Science Of Oil Pulling
- So What Does Oil Pulling Really Do to You?

- Because Oral Health Matters
- Getting It On With the Oil Pulling Habit
- More Oil Pulling Considerations
- The Up And Down Sides Of Using Oil Pulling
- Chapter 8 – Oil Pulling And Changing Your Lifestyle
- Much, much more!

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**From reader reviews:**

**Lisa Maurer:**

As people who live in often the modest era should be upgrade about what going on or information even knowledge to make all of them keep up with the era that is always change and move ahead. Some of you maybe will certainly update themselves by reading books. It is a good choice for yourself but the problems coming to a person is you don't know what kind you should start with. This Essential Oils Box Set #10: Body Lotions For Beginners & Oil Pulling Therapy For Beginners (Aromatherapy, Healing, Healthy Living, Skin Care, Detox, Cleansing, ... Essential Oils, Hair Loss, Healthy Living,) is our recommendation to make you keep up with the world. Why, because this book serves what you want and want in this era.

**Danny Exum:**

Hey guys, do you wishes to finds a new book to see? May be the book with the subject Essential Oils Box Set #10: Body Lotions For Beginners & Oil Pulling Therapy For Beginners (Aromatherapy, Healing, Healthy Living, Skin Care, Detox, Cleansing, ... Essential Oils, Hair Loss, Healthy Living,) suitable to you? Often the book was written by famous writer in this era. Typically the book untitled Essential Oils Box Set #10: Body Lotions For Beginners & Oil Pulling Therapy For Beginners (Aromatherapy, Healing, Healthy Living, Skin Care, Detox, Cleansing, ... Essential Oils, Hair Loss, Healthy Living,)is the main of several books that will everyone read now. This specific book was inspired a lot of people in the world. When you read this reserve you will enter the new way of measuring that you ever know ahead of. The author explained their plan in the simple way, so all of people can easily to be aware of the core of this guide. This book will give you a lots of information about this world now. So that you can see the represented of the world within this book.

**Craig Palmer:**

In this era which is the greater particular person or who has ability to do something more are more important than other. Do you want to become one of it? It is just simple solution to have that. What you are related is just spending your time little but quite enough to enjoy a look at some books. One of the books in the top record in your reading list is definitely Essential Oils Box Set #10: Body Lotions For Beginners & Oil Pulling Therapy For Beginners (Aromatherapy, Healing, Healthy Living, Skin Care, Detox, Cleansing, ... Essential Oils, Hair Loss, Healthy Living,). This book which can be qualified as The Hungry Inclines can get you closer in getting precious person. By looking upwards and review this publication you can get many advantages.

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