



Essential Oils for Insomnia and Sleep: Regain Control of Your Sleep and Quality of Life Using Natural Essential Oils

By Sandra Willis

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Essential Oils for Insomnia and Sleep is dedicated to helping people to sleep better and overcome insomnia using essential oils.

Are you curious about:

What is insomnia and what causes it?

What are essential oils and why you should use them?

What can you do about insomnia?

The most effective essential oils to help combat insomnia?

What is aromatherapy and topical application?

Why you should use pure essential oils?

If so, then this book delivers powerful and valuable advice and information on how you can use essential oils to help you to overcome insomnia and sleep better.

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