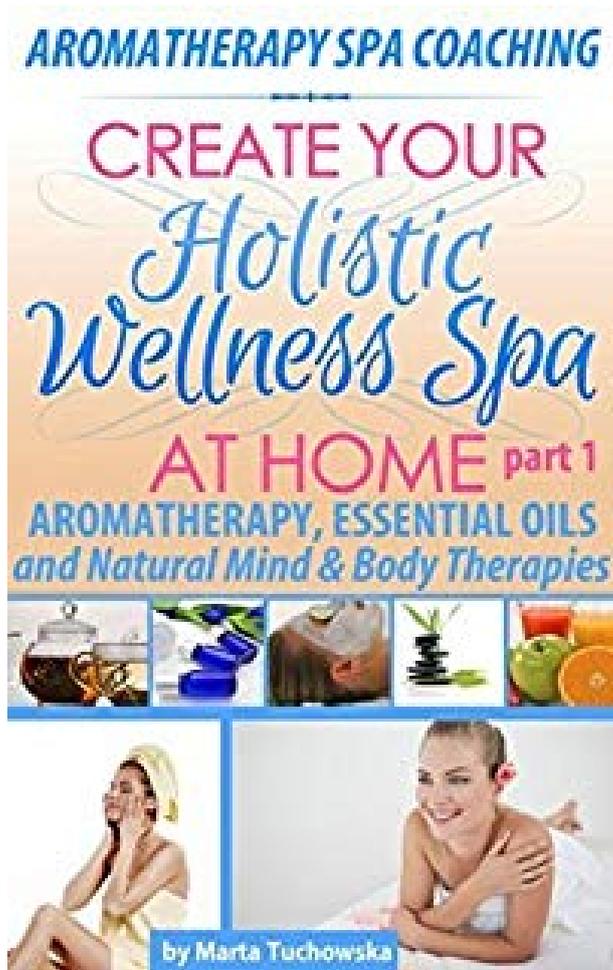


Create Your Holistic Wellness Spa At Home: Aromatherapy and Natural Body&Mind Therapies



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Natural Therapy Coaching: Create Your Holistic Wellness Spa At Home And Restore Balance and Health! You're about to discover the wonderful world of aromas, wellness therapies and holistic relaxation. "Create your Holistic Wellness Spa at home" will teach you some very effective and easy-to-perform techniques based on the science and art of aromatherapy and other natural treatments for you to de-stress and revitalize.

What is "holistic wellness"? The word "holistic" comes from the Latin word "Holisium" which means entire, whole. Wellness is a great sensation of feeling stress-free, with optimal energy levels and free from disease. There is a healthy balance of the body, mind and spirit and the balance results in happiness and feeling connected with the 'here and now'. Creating your home spa will definitely make you experience the holistic wellness sensation and rejuvenate the way you need it. You will be able to get the best holistic treatments at very affordable prices.

Your body&mind will be happy to get pampered and will pay you back with increased vitality, zest for life,

focus and energy. If you are a busy, 21st century individual, it's time to slow down...Taking care of your health is also an important part in creating your long-term personal and social success. Here Is A Preview Of What You'll Learn from "Create your Holistic Wellness Spa at home": The holistic view of aromatherapy and aromatherapy treatments How to combine different natural methods to fight stress effectively How to mix vegetable and essential oils How to employ aromatherapy to fight various stress-related imbalances How to prepare natural face masks for beauty and relaxation Specific blends and natural treatments for anxiety, insomnia and stress The healing herbal infusions and juices at your home spa The benefits of using essential oils How to restore your energy levels How to create a truly relaxing atmosphere at your home spa More holistic spa therapies with two extra bonus chapters for you to discover! "Create Your Holistic Wellness Spa" is a great book choice for you if: you are a spa lover you are interested in wellness&health you are looking for natural wellness treatments you are interested in holistic relaxation you are a beginner in aromatherapy or wish to learn more about it you love natural therapies and natural remedies "Create Your Holistic Wellness Spa" may not be a good choice for you if: you want to succumb to stress- as the book promotes wellness and relaxation you are not interested in increasing your quality of life you are an advanced aromatherapist, spa therapist or massage therapist-as you may find some of the information contained in this book too basic. Still, the author hopes that 'Create Your Holistic Wellness Spa' may be a good reminder for all dedicated wellness professionals, to actually relax themselves after hard work that helping others is.