



# **Ayurveda: Ayurvedic Essential Oils & Aromatherapy for Amazing Relaxation, Beautiful Skin & Tremendous Healing! (Ayurveda, Essential Oils, Natural Remedies) (Volume 1)**

*Elena Garcia, James Adler*

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**Discover the Power of Healing and Balancing.  
Rejuvenate your Body, Mind, and Soul...**

**\*\*\*START CREATING A STRESS-FREE AND BALANCED LIFESTYLE WITH AYURVEDIC AROMATHERAPY AND ESSENTIAL OILS\*\*\*Your Ayurvedic Aromatherapy Home Spa is waiting for you!**

## **"Ayurvedic Spa and Essential Oils for Beginners" Will Teach You:**

- What is Ayurveda?
- What is Aromatherapy? The history and origins of Aromatherapy.
- What is the story about the 3 doshas all about? How do I figure out my own dosha?
- What is the difference between essential oils and vegetable oils?
- Oils for vata, pitta and kapha. Different strokes for different folks!
- Aromatherapy self-massage (according to your dosha)
- How to mix essential oils and carrier oils
- Additional Holistic Spa treatments for your soul (Ayurvedic herbs and crystals that balance your dosha)
- Indian Head Massage and natural hair treatments (stimulate hair growth, prevent hair loss, fight dandruff and have beautiful hair with no chemical beauty products)
- Aromatherapy: other forms of application (bath, direct inhalation, diffusers)
- Why some of the Western medicine methods suck in the long run
- Practical everyday life examples that illustrate the power of ayurvedic holistic self-care)

There is no need to spend hundreds of dollars at expensive spas... You can now learn to create your own spa treatments and rejuvenate your body, mind and spirit whenever you need.!

**Forget about stress, worry and anxiety. Create peace, harmony and balance. Let Ayurvedic Aromatherapy guide you. Discover your holistic rituals and start feeling and looking amazing. Restore balance where there is imbalance...**

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