



# Essential Oils for Allergies: 30 Recipe Blends To Stop Sneezing, Dry Eyes And Having A Gloomy Day

*Shehan Peiris*

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Allergies can be very unpleasant especially at seasonal times like spring and summer or in general circumstances like pets, food and chemical products. So, this book is designed to help you relieve any symptoms of your allergies with the help of essential oils to naturally relieve irritation and discomfort. Each recipe provided in this book will explain the unique and beneficial use of treatment for the allergy. Since essential oils are made from plant extract they are the easiest and safest way to combat various types of allergies. Also, when you use essential oils to treat allergies you will get instant relief without the worry of side effects unlike prescription medication. This book provides essential rules and basic information on aromatherapy for allergies, as well as other uses for essential oils. The main issues covered in this book include; the types of oils to avoid when treating your allergies, precautions and dangers concerning the use of essential oils on allergies, importance of pure essential oils, the types of oils suitable for different types of allergies, application techniques and methods of use for essential oils and 30 practical recipes to deal with the most common problems when using essential oils.



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