



Healing Babies and Children With Aromatherapy For Beginners & Oil Pulling Therapy For Beginners (Essential Oils Box Set) (Volume 1)

Lindsey Pylarinos

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ESSENTIAL OILS BOX SET #1: Healing Babies and Children with Aromatherapy for Beginners(Proven Steps on How to Use Essential Oils and Aromatherapy to Care for Babies and Children) + Oil Pulling Therapy For Beginners (Detoxify & Heal Your Mouth, Teeth, Gums & Body With Coconut Oil Through Natural Pulling) **Today only get this great deal of two books for price of one******

Babies' skin is often sensitive and that's why you have to be careful with what you apply to them. And since you are going to make use of essential oils, you need not worry much because these oils come from natural sources which mean that they are safe to use. However, since you are dealing with babies here, it would still be important to keep in mind some tips, such as:

- Do not use essential oils for babies younger than 3 months old. During this stage, babies are extremely sensitive and it would still be best to check with your doctor first before applying anything on them. Lavender and Chamomile are the first two oils that you can use for babies. Don't use eucalyptus oil unless babies are over 2 years of age as this may be too extreme for them.
- Dilute the oils with water well before using so that the oils will not be too strong for the babies.

The oil pulling process (even if it focuses on the human mouth) 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.

Here Is A Preview Of What You'll Learn With Healing Babies

- Introducing Babies to Aromatherapy
- Baby Massage Oils
- Essential Oils for Bath time
- Essential Oils for Skin Healing
- Essential Oils for Inhalation and Room Diffusion
- Essential Oils for Tantrums
- Essential Oils for Coughs, Colds and Flu
- Essential Oils for Other Ailments and Health Purposes
- Much, much more!

Here Is A Preview Of What You'll Learn With Oil Pulling

- The Oil Pulling Therapy "Health Craze"
- 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
- Much, much more!

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