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The essential oils are the aromatic, natural chemical compounds extracted from various parts of a plant: leaves, flowers, stems, roots, bark, etc. They are in such a potent form that a single drop of essential oil can equal multiple teaspoons of the dried herb (for instance, 1 drop of peppermint oil

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Essential Oils Guide Real Simple

Add 4 drops of oil, drape a towel over your head, and lean over the steam, inhaling for 10 to 15 minutes. Good to know: If you're pregnant or under a doctor's care, see your physician before trying any essential oil.

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Complete Beginners Guide to Using Essential Oils

What are essential oils and how do they work? Essential oils are a natural remedy that go back as far as Ancient Egypt, where people used the scents of these healing oils in everyday life as early as 4500 BCE.

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