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I was first introduced to essential oils when I went for a massage. Soon lavender oil became one of my favorite oils. This book will help research these healing oils and find out which ones can benefit you. One thing you should think about is the source for your oils. Not all sources are created equal. For an excellent source for these health giving oils, look for Reference Guide for Essential Oils by Connie and Alan Higley. They have the best oils and have researched this subject extensively.

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