



Essential Oils for Hair: The Bible for Essential Oils Uses for Healthy Hair and Scalp

Lily Penrose

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The only book about hair health and essential oils you will ever need. • What are essential oils and how can these help improve the appearance and condition of your hair? • What specific essential oils will achieve specific hair goals? • How do you safely and effectively use each essential oil to get the most benefits without side effects? This book will teach you the most natural way to restore hair health with essential oils. Poor hair condition may be an indication of poor hygiene, improper care and maintenance, as well as poor diet and exercise. Common hair problems include flaky scalp, oily hair, dry and brittle hair, frizzy hair and accelerated hair loss. Not many people realize that these problems are caused by daily activities such as shampooing, hair drying and eve combing.



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