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Relax to the Max: 60 Candles, Scents, Soaps and Potpourri Crafts to Create Your Own Bliss

By Rosevita Warda, M.Lou Luchsinger, Marie Browning, Dawn Cusick

Sterling Publishing Co Inc. Paperback. Book Condition: new. BRAND NEW, Relax to the Max: 60 Candles, Scents, Soaps and Potpourri Crafts to Create Your Own Bliss, Rosevita Warda, M.Lou Luchsinger, Marie Browning, Dawn Cusick, Slow down (maybe even stop), and smell the roses--and the jasmine, sandalwood, peppermint, and citrus blends, too. These remarkable fragrant candles, soaps, and potpourris make it simple for overworked, stressed-out women to experience the relaxing pleasures of aromatherapy every day. Each deliciously aromatic item in this lushly illustrated manual uses pure essential oils that promote a sense of health and well being. Whether the oil permeates the air or gets absorbed through the skin, it works its magic. An introduction explains aromatherapy's benefits, and provides hints for purchasing, blending, and storing the oils. With the help of easy-to-follow directions, create a Lifting Lavender Embedded Marble Candle; muscle soothing Relief Bath with juniper, rosemary, lemon, and eucalyptus; Serenity Now soap with patchouli; and Spicy Potpourri.



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