



# First Steps In Aromatherapy

*Jane Dye*

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## **First Steps In Aromatherapy** Jane Dye

*First Steps to Aromatherapy* is a clear and simple introduction to the benefits of essential oils in the profoundly therapeutic art of Aromatherapy. Author Jane Dye gives clear, step-by-step basic guidance to understanding and enjoying aromatherapy, enabling you to use essences safely and with confidence.

This simple and straightforward guide contains all you need to get going.

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