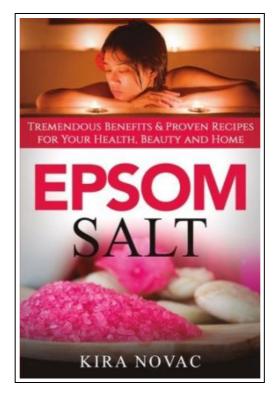
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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. Discover the Tested Secrets Uses of Epsom Salt to Achieve a Healthy Lifestyle, Relax and Take Care of Your Home! 100 Natural Recipes Included to Guide You Step-by-Step! Epsom salt is a phenomenal mineral with a myriad of health and wellness benefits you are just about to experience yourself. Epsom salt can be effectively used in the treatment of ailments, in natural beauty routines, around the house and even in the garden. In this comprehensive Epsom salt guide you will discover practical tips strategies that will help you create simple holistic solutions for your body and mind. Moreover, you will learn how you can use this multifunctional ingredient to create a beautiful garden and a healthier home! Epsom Salt- Tremendous Benefits Proven Recipes for Your Health, Beauty and Home Will Teach You: How to create your unique home spa-style bath recipes for mind and body relaxation holistic detox How to relax and reduce inflammation chronic pains with soothing Epsom salt remedies How to use Epsom Salt as an alternative to the commercial chemical-based cleaning products and insecticides in your home and garden. How to combine Epsom Salt and Essential Oils: Discover the combination of these incredible health- boosting ingredients. How to make amazing and effective beauty products using proven Epsom salt recipes and essential oils Summing-up; you will learn how to actually save hundreds of dollars and lower the risk of allergies- no need to buy expensive commercial and chemical-laden products if you know how to use Epsom salt for your health, beauty and home! What are you waiting for? Start taking care of your mind and body in an all-natural way. With Epsom salt, you can prevent many...



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