



## Eliza Bacot Say Goodbye to Head Tension

What are some things that can cause head tension?

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List some essential oils that Eliza recommends using topically to relieve head tension:

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How does she advise applying these essential oils?

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Write down essential oils that Eliza suggests using aromatically for stress and tension:

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Are there any essential oils would you add to this list?

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If you want to use essential oils internally to help relieve tension, what are Eliza's recommendations?

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