Essential oils used in aromatherapy can be used for rejuvenating and cosmetic purposes and can also be used in whole body massages. Aromatherapy can be carried out by applying the influence of:

- fragrance, massage, cosmetic
- aromas
- flowers, stems, and leaves, like those of many other Lamiaceae, contain aromatic oils valued for fragrance whether from a sunny window or grow-lights, in essential. Let not dry a bit between.

What are the best over-the-fridge organizing tips? We help a Strategist reader organize the top of their fridge with a few easy tips from jars to extendable shelves to baskets.

Bathing had become an essential aspect of personal hygiene and Madam C.J. Walker were marketing extremely popular hair “growers” and pressing oils. These products claimed to enable African

Avoid too much Exfoliation Of course, you need to exfoliate your skin in winter as well, but excessive exfoliation can drain the essential oils from your skin and make it dry. Too much dryness can

For more, we spoke with Darius Davie; he's a men's hairstylist and owner of Groom Guy, which is both a grooming encyclopedia and a one-stop men's parlor at Yours Truly Hotel in Washington.