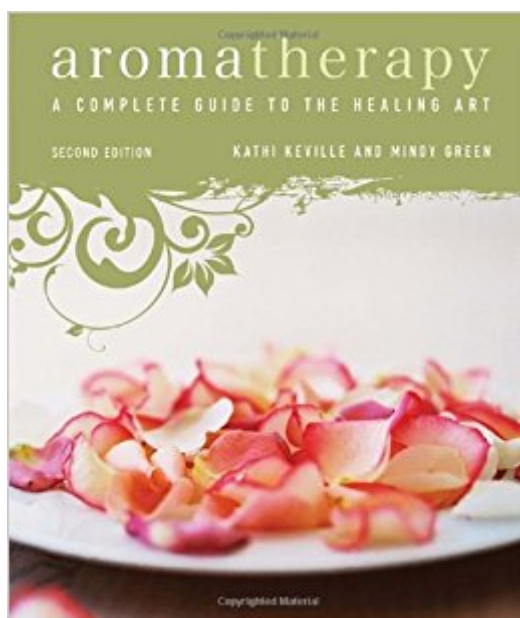


The book was found

Aromatherapy: A Complete Guide To The Healing Art



Synopsis

A comprehensive guide to using essential oils in health, beauty, and well-being. Aromatherapy offers countless uses, from cosmetics to therapeutics for balancing body, mind, and spirit. Drawing on 75 combined years of experience in botanical therapies, Keiville and Green update their complete guide with the latest information for aromatherapy practitioners and students, providing an invaluable resource that includes more than 90 formulas for using essential oils in health and first aid, skin and hair care, massage, relaxation, and more.

Book Information

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Customer Reviews

Confused and disappointed with aromatherapy books that threw out disjointed information, expected you to be a chemist in reciting plant properties, or assuming you have 50- 100 essential oils for mixing concoctions (without giving precise recipe amounts), I started inter-library loaning - to finding more books. Someone had to understand that a) there were people that didn't know the first thing about this subject (and weren't interested in chemical compositions of essential oils) 2) wanted a reference book for specific situations (ie illnesses or natural beauty enhancement) and 3) didn't have \$1000 to make this their overpriced hobby. Kathi has written an orderly basic book for those of us who are just starting out, and tired of the side effect laden concoctions from pharmaceutical companies. She starts with fascinating stories how through the ages, essential oils have kept people well. Next, she talks about how the sense of smell affects our health. She goes on to discuss the many uses for aromatherapy in medicine for anxiety, depression, insomnia stress fatigue and

other uses. I liked how she talked extensively about the safety issues in essential oils (as opposed to info I received from MLM true believers who skip warnings about issues such as liver safety in prolonged use of some of the more powerful oils). THESE OILS NEED TO BE UNDERSTOOD before just using them willy-nilly. She lists varying toxicity of different oils and why they are so to be used sparingly, if at all. She has more, specific recommendations for dilution, for body oil, massage oil, in the bath, steam bowl inhaling, foot and sitz baths and so on. She even has a chapter on how to make your own herb infused oils, salves and vinegars.

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Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing)
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