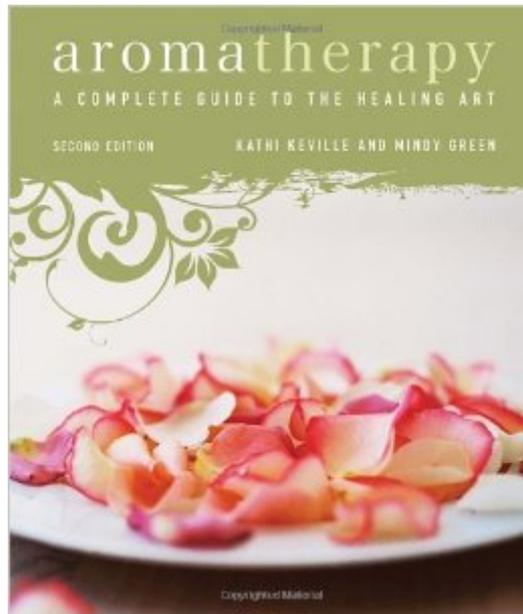


The book was found

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, Keville 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

Paperback: 256 pages

Publisher: Crossing Press; 2 edition (December 16, 2008)

Language: English

ISBN-10: 1580911897

ISBN-13: 978-1580911894

Product Dimensions: 8.5 x 0.7 x 10 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (64 customer reviews)

Best Sellers Rank: #30,653 in Books (See Top 100 in Books) #45 in [Books > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy](#) #74 in [Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies](#) #178 in [Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing](#)

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.

[Download to continue reading...](#)

Essential Oils and Aromatherapy: The Ultimate Essential Oils and Aromatherapy Guide for Health, Healing and Beauty
Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1)
Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing)
Aromatherapy: A Complete Guide to the Healing Art
Essential Oils: Ultimate Essential Oils Guide and 89 Powerful Essential Oil Recipes! (2nd Edition) - How to Use Essential Oils for Aromatherapy and Healthy ...
Loss, Essential Oil Recipes, Aromatherapy)
Essential Oils 2016: 200 Natural Beauty Recipes: Diffusers, Skin Care Remedies, Weight Loss, Aromatherapy: (Young Living Essential Oils Book, Natural Remedies) (Home Remedies, Aromatherapy)
Essential Oils: 120+ Essential Oils Recipes For Diffusers, Aromatherapy, Natural Remedies For Skin And Hair Care: (Essential Oils For Weight Loss, Aromatherapy) ...
Oils, Essential Oils For Allergie)
ESSENTIAL OILS: Aromatherapy, Essential Oils For Beginners, And Essential Oil Recipes To Improve Your Health (Medicinal Herbs) (Essential oil recipes, ...
Aromatherapy and essential oils Book 1)
Essential Oils Box Set #17: Coconut Oil for Skin Care & Hair Loss & Healing Babies and Children with Aromatherapy for Beginners (Coconut Oils, Skin Care, ...
Healing, Detox, Virgin Coconut Oil)
The Healing Collection: 3 Book Boxset (Aromatherapy, Antioxidants, Healing)
REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ...
Beginners, Reiki Symbols, Chakra Balancing)
Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ...
Energy Healing for Beginners Book 1)
The Art of Aromatherapy: The Healing and Beautifying Properties of the Essential Oils of Flowers and Herbs
The Encyclopedia of Healing Plants: A Guide to Aromatherapy, Flower Essences and Herbal Remedies
The Healing Intelligence of Essential Oils: The Science of Advanced Aromatherapy
Natural Medicine and Herbs: 50+ Natural Medicine to Reduce Anxiety, Depression, and Ailments from Your Body: (Essential Oils,

Aromatherapy, Herbal Remedies, Supplements, Healing, Vitamins) WICCA: Wicca Reiki Magic - A Beginners Guide To Wicca Spells and Reiki Healing (Wicca, Chakras, Witchcraft, Self Healing, Magic, and Crystal Healing) Crystals: Your Beginners Guide To Crystals And Healing Stones (Power of Crystals, Healing Stones, Relieve Stress, Energy Healing) Reiki Healing: Reiki Healing, A Beginners Guide to Healing Your Body (Reiki for Beginners, Chakra for Beginners Book 1) Essential Oils: The Complete Guide: Essential Oils For Beginners, Aromatherapy And Essential Oil Recipes

[Dmca](#)