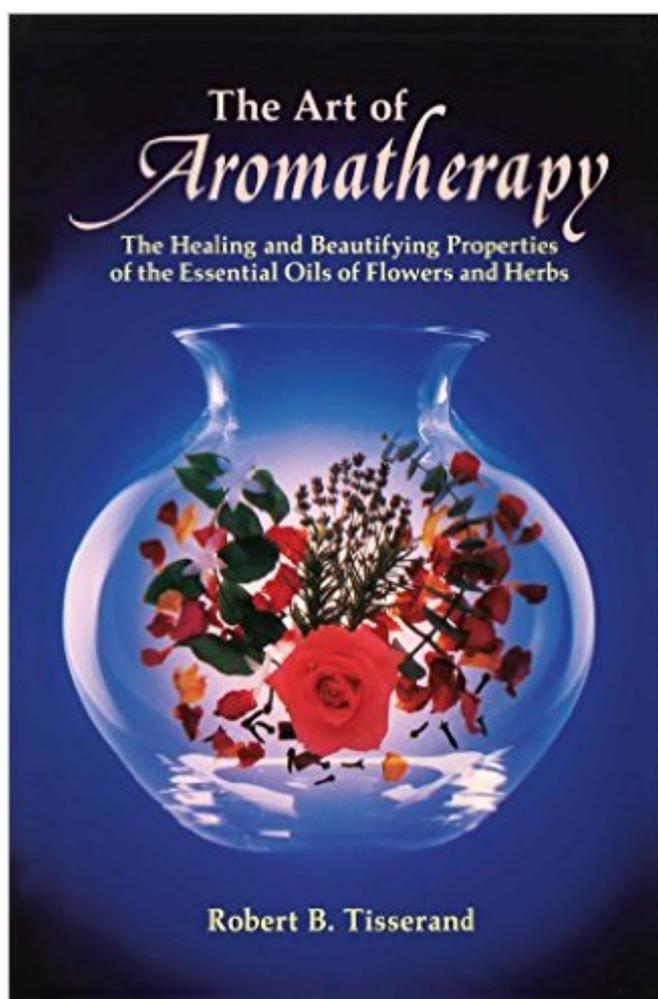


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The Art Of Aromatherapy: The Healing And Beautifying Properties Of The Essential Oils Of Flowers And Herbs



Synopsis

This complete, practical guide shows how to use the essential oils of flowers and herbs as a gentle yet effective method of natural healing. Beginning with the history and use of essential oils in cosmetics and perfumes from ancient Egyptian times to the present day, the author details 29 essences, with their properties and applications in more than 100 conditions, ranging from emotional stress to skin disorders. Includes easy-to-prepare recipes for massage and medicinal oils, facial masks, ointments, and aromatic baths. Explains the importance of essential oils in Swedish, shiatsu, and neuromuscular massage. Provides tables of evaporation rates, odor intensity, therapeutic index, and glossary of medical terms.

Book Information

Paperback: 328 pages

Publisher: Healing Arts Press (April 1, 1978)

Language: English

ISBN-10: 0892810017

ISBN-13: 978-0892810017

Product Dimensions: 5.4 x 0.8 x 8.2 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (44 customer reviews)

Best Sellers Rank: #97,166 in Books (See Top 100 in Books) #110 in [Books > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy](#) #462 in [Books > Health, Fitness & Dieting > Alternative Medicine > Healing](#)

Customer Reviews

As a serious aromatherapist, I highly recommend this book for a variety of reasons. The subject matter that Tisserand delves into is quite diverse, and extremely interesting. The basics of essential oils are explained in readily understandable terms, which ties in nicely with a descriptive narrative of their use in ancient times. Chinese principles of Yin/Yang, life force, and organics is also discussed. I particularly enjoyed the religiosity that Mr. Tisserand incorporates into this chapter! To broaden the subject matter further, reasons why aromas effect us is presented in detail, followed by uses of oils in the specific body systems, as well as those which are used for treating the mind. The book introduces baths, various massage techniques, and skin care utilizing oils. Also provided are many simple but useful recipes and clear instructions. The second half of this excellent book discusses 29 essential oils themselves in great detail. What is totally unique are the authors' tables. They

compare odor intensity, evaporation rate, whether an oil is Yin or Yang, and which planet rules it! The glossary of medical terms is a must for any serious aromatherapy student, as is the therapeutic index. Recent safety precautions are listed, and should be reviewed. Finally, The Art Of Aromatherapy has a wonderful, CURRENT list of available sources for the purchase of quality oils. It is obvious to me why this book has become an international best-seller. I unequivocally recommend it to anyone interested in aromatherapy, which truly is an art.

This book may contain great information, but unless you're committed to sitting down and reading it cover to cover, this won't be your most helpful resource. This book has no index in the back, so if you want to look up a specific topic, you've only got chapter and section headings, and then you have to scan through pages and pages to find what you're looking for. I've got 4 aromatherapy books, and I barely ever crack this one open because it's too much work to find what I'm looking for. There are much better books out there!

The Art of Aromatherapy, written by one of the foremost experts in Aromatherapy, Robert Tisserand, is a wonderfully packed book for beginners in the study of Aromatherapy. Filled with basic information on essential oils and how to use them, he goes on to add how essential oils are used by the body through inhalation. How these scents affect the digestive system, cardio-vascular system, lymph system etc. He discusses skin care, massage, gives some excellent aromatic recipes, covers 28 oils in depth, includes a glossary of medical terms, and a therapeutic index. I think this is a must for the beginner, who wants good, solid information on Aromatherapy.

I've taught a few aromatherapy classes and this is one of the books I require them to have. It's a great introduction to the art and theory of aromatherapy. I've read in one of the reviews here that it's not a user friendly book, and if you are looking for a book of quick recipes and easy throw together projects this is not the book for you. If you are looking to understand the history of the practice and the reasons behind why things are done this is a great place to start. It goes in great depth, but never dull or dry, the reasons why certain oils are used and how to use them. Reading a book like this lets you know how to use oil from the roots up and once you know the reasons behind why it works and how things blend then you can create your own blends and not have to rely on other peoples lists. I can't recommend this book enough.

I'm not an expert on aromatherapy, so this is my point of view as an amateur. The book have some

good facts and info about essential oils during different times in history. It also have many recipes. It separates a few oils in groups, depending if they are a base/middle or top, and in other groups like zodiac and planets. But it lacks on variety of essential oils. I know this is not a new book, so I was a little dissapointed to see only the "basic" ones. but in general this is a good and interesting book.

I'd been interested in aromatherapy for quite a while now, but I think this book really cemented it for me. It is incredibly comprehensive, offering all sorts of tips on using essential oils for everything from cosmetic/enjoyment to healing properties. The indices at the end are incredibly useful, including evaporation/volatility rates/tables, and information on odor intensity, and an incredibly extensive Therapeutic Index. I lent this and a few other aromatherapy books to my little sister, who did a report on aromatherapy for a class, and this was the book she found most useful.

This is a great book for both the beginner and practising Aromatherapist. His health of knowledge is clearly demonstrated in the discussion on essential oils - It's a must. Tisserand is one of the foremost authorities on Aromatherapy and has published many books. In our natural therapy college, we strongly recommend his books to all our medical aromatherapy students. It's on our Bookshelf and we use it regularly. The lack of an in-depth index is a bit troublesome, however, after you've read the book you'll have less and less trouble finding what you want.

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