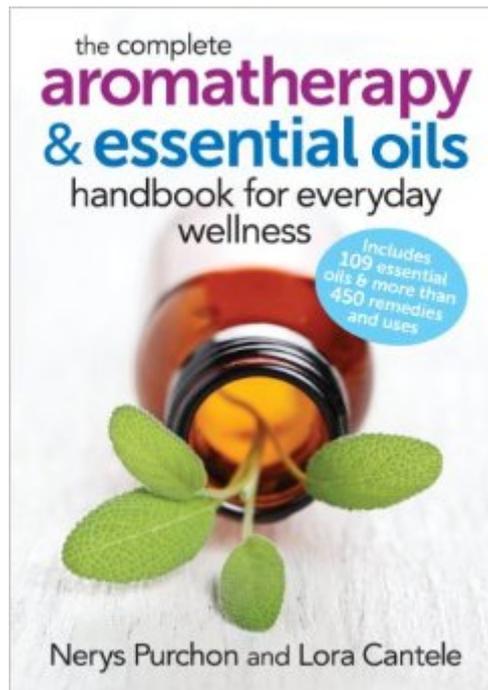


The book was found

The Complete Aromatherapy And Essential Oils Handbook For Everyday Wellness



Synopsis

Aromatherapy is a method of employing essential oils to protect, heal and beautify. Essential oils are described as the "life force" or "essence" of plants. The most wonderful thing about essential oils is that they are available to everyone, and they are very simple to use once the basic concepts are understood and the appropriate methods and procedures are observed. The best known way to use essential oils is through massage. In this comprehensive book there are many, many more ways to use the oils for everything from arthritis and asthma to high blood pressure and constipation. Essential oils are now emerging as scientifically proven and accepted remedies for a variety of common conditions. The why and how certain oils heal still remains somewhat mysterious. Oils can help to treat everyday ailments, whether it be strengthening the immune system, fighting bacteria and viruses, and lowering stress levels to toning, relaxing and strengthening muscles. These oils help the body heal itself. This book features 109 oils and 450 remedies. The recipes are easy to follow, do not take a long time to make, and are quite inexpensive -- the biggest cost is the oils. The oils are organized in an A to Z format, and each entry features the botanical name, a full description of how and why the oil is extracted as well as its therapeutic uses. Angelica for example has a sweet, rich smell, is excellent in all skin care preparations both as a tonic and to soften and smooth rough, dry skin. It reduces inflammation and can be useful when applied to irritated skin. As a massage oil it purifies the body and acts as a lymphatic stimulator, draining the body of excess fluid, increasing energy and generally quickening the functioning of glands. It's also an excellent tonic for the entire digestive system as it strengthens the liver, stimulates appetite, aids digestion and generally boosts the whole digestive system. Nerys Purchon was one of Australia's leading experts on herbs, aromatherapy and essential oils. Her books have sold more than 300,000 copies worldwide.

Book Information

Paperback: 480 pages

Publisher: Robert Rose; 1 edition (September 11, 2014)

Language: English

ISBN-10: 0778804860

ISBN-13: 978-0778804864

Product Dimensions: 7 x 1 x 10 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (256 customer reviews)

Best Sellers Rank: #5,149 in Books (See Top 100 in Books) #6 in Books > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy #14 in Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies

Customer Reviews

As a clinical aromatherapist and herbal/essential oil educator, I am often asked, "what would be the *one* book you would recommend to set someone up for success in working with essential oils?" THIS IS THAT BOOK. Nerya and Lora have provided a comprehensive volume with both breadth and depth. Their book:- empowers you to work safely and effectively- speaks to a wide variety of essential oils- provides detailed information for unique contraindications- outlines safe blending practices- includes information on blending for babies and children- offers invaluable base recipes and insight into carrier oils, hydrosols, and infused oils, and- provides a HOST thoughtful remedies and recipes for personal care, wellness, and the home. With a user-friendly layout and helpful, thoughtful tone, the book is relevant and useful for both aromatherapy beginners and experienced blenders. Tips and cautions are provided in the margin and helpful reminders, "links", and resources are provided throughout the book. Compelling information for each oil, including subtle energetics, is provided in a master list of essential oils. Relevant oils for individual concerns are also conveniently included where you want them most--right below the concern you seek to address! The recipes provided leverage the broad spectrum of essential oils outlined, but most do not require you to have dozens of oils on hand to craft them; handy substitutions are also provided for those who may not have a particular oil on hand. If you are eager to begin crafting your own aromatherapy products for the benefit of your family's wellness, this book provides a thoughtful, up-to-date, and comprehensive way to begin safely working with essential oils to address your concerns and improve your quality of life. Even if you are an experienced blender, the book provides many useful tips and fresh insights--I can't recommend it highly enough!

I'm addicted to scents and usually have incense or scented candles on the go. I enjoy aromatherapy and have been buying and mixing essential oils for years ... so that's why this book caught my eye. There are four chapters plus an introduction, a glossary, resources and a bibliography:*

- Introduction - using essential oils*
- Part 1: The Oils - properties of essential oils, 109 key essential oils (there's a handy chart with different oils and their uses), carrier oils (for blending), basic massage oil blends and treatment bases, and infused oils*
- Part 2: Remedies - the 450 remedies are quite extensive and include a list of the essential oils to treat the ailment, treatments (how to use

them) along with recipes/blends and tips* Part 3: Aromatherapy for Daily Living - for personal care (skincare, hair care and body care), for the home and for massage* Part 4: Practicalities - equipment and measuring and storing essential oils For example, here is a blend for afternoon brain fatigue:* 36 drops of rosemary essential oil* 24 drops of lemongrass essential oil* 12 drops of basil essential oil Place 12 drops in a 10ml glass bottle with a roller ball. Top up with fractionated coconut oil and shake to blend. Roll on temples, wrists and collarbones as needed. I would be inclined to also use this blend in a diffuser. It's an excellent book for beginners and those who are more experienced. Nerys Purchon was one of Australia's leading experts on aromatherapy and essential oils. Her books have sold more than 300,000 copies worldwide. Lora Cantele, RA, CMAIA, AAS, is a registered aromatherapist, clinical aromalogist, certified Swiss reflex therapist, aromatherapy educator and writer. Blog review post:

<http://www.teenaintoronto.com/2014/10/book-complete-aromatherapy-and.html>

I recently got interested in essential oils. I started to learn from the internet. I believed that watching Youtube, reading the information given by essential oil companies, and "Look inside's" would be sufficient, but I quickly discovered that they left a lot of questions unanswered and also that a little knowledge is at times more dangerous than no knowledge at all, especially in terms of how to, how much and how safely use EO's. I ordered a few books and borrowed a few others at the library. The cheaper books were not very useful. Two books came as the best: The Complete Book of Essential Oils and Aromatherapy by Valerie Worwood and this book. I much prefer this book over the Worwood's because it is better laid out and more easily approachable. The authors present 90 EO's. Some other oils are missing because they are rare, prohibitively expensive (or maybe unsafe). So is the case for Calendula which is presented in a separate section on how to make your own infused oils. I found the reference charts for conditions and the best oils appropriate for them most useful. There are sections about children, skin care, haircare, massages, recipes for cosmetics (deodorant, bath oils, scrubs, mouth wash, colognes...). The authors are very clear in the dosage and ways to use each oil/ blends and are always concerned about safety. The recipes are not extravagant as I have seen in some of the other books. I do not think I have seen blends exceeding 4 EO's. I also appreciated the fact that the information was down to earth. Some of the information I have not found in other books, like what is the difference between a water and a hydrosol (ex: rose) All in all, this is a very thorough, useful piece of work, great for the beginner as well as the more informed.

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

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: 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: 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 For Beginners: Essential Oils For Beginners: How To Use The Essential Oils To Maximize Your Health And Longevity (Essential Oils And Aromatherapy) (Volume 1) Essential Oils and Aromatherapy: The Ultimate Essential Oils and Aromatherapy Guide for Health, Healing and Beauty Essential Oils 2016: 200 Natural Beauty Recipes: Diffusers, Skin Care Remedies, Weight Loss, Aromatherapy: (Young Living Essential Oils Book, Natural Remedies) (Home Remedies, Aromatherapy) The Complete Aromatherapy and Essential Oils Handbook for Everyday Wellness Essential Oils: The Complete Guide: Essential Oils For Beginners, Aromatherapy And Essential Oil Recipes Essential Oils: 40 Amazing Essential Oil Recipes for Diffusers: (Diffusers, Natural Remedies) (essential oils diffusers, young living essential oils book) Big Collection Of Essential Oils: Amazing DIY Recipes Of Essential Oils Blends, Soap Making And Repellents: (Diffuser Recipes and Blends, Skin So Soft Insect ... (Natural Remedies, Essential oils) Essential Oils for Beginners: The Guide to Get Started with Essential Oils and Aromatherapy Essential Oils For Babies: The Ultimate Guide On How To Use Essential Oils For Your Baby To Maximize His Health (Aromatherapy, Baby Health, Natural Remedies, Baby Care) 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) Essential Oils Natural Remedies: The Complete A-Z Reference of Essential Oils for Health and Healing Essential Oils: 50 Essential Oil Dog & Cat Recipes From My Essential Oil Private Collection: Proven Essential Oil Recipes That Work! (Essential Oil Pet Private Collection Book 1) The Portable Essential Oils: A Pocket Reference of Everyday Remedies for Natural Health & Wellness Essential Oils for Dogs: 100 Easy and Safe Essential Oil Recipes to Solve your Dog's Health Problems (Alternative animal medicine, Small mammal Medicine, Aromatherapy, Holistic medicine) Diffuser Recipes: Essential Oil Diffuser Recipes For Weight Loss, Better Sleep & Fat Loss (Aromatherapy, Essential Oils, Detox, Cleanse, Healthy Living, ... Lavender Oil, Coconut Oil, Tea Tree Oil) The Complete Book of Essential Oils and Aromatherapy: Over 800 Natural, Nontoxic, and Fragrant Recipes to Create Health, Beauty, and Safe Home and Work Environments Essential Oils Integrative Medical Guide: Building Immunity, Increasing Longevity, and Enhancing Mental

Performance With Therapeutic-Grade Essential Oils

[Dmca](#)