

The Aromatherapy Encyclopedia

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at last a clear and systematic distillation of useful information about a truly comprehensive spectrum of essential oils and absolutes john steele american aromatherapy association the definitive az reference guide to essential aromatherapy oils aromatherapy expert julia lawless shares her extensive knowledge in this detailed and systematic survey of more than 190 essential aromatherapy oils from commonly used oils such as lavender frankincense ylang ylang and tea tree oils to the more obscure oils including deertoungue oakmoss cananga and angelica the encyclopedia of essential oils offers a wide variety of uses and cures for everything from wrinkles to kidney stones the encyclopedia of essential oils gives detailed information on the most commonly available and widely used flower oils and aromatics including the exact origins synonyms and related plants methods of extraction the herbal folk tradition for each plant the uses of each plant aromatherapy applications home and commercial uses this easy to use volume lets you access essential information in a variety of ways with a therapeutic index a botanical index and botanical classifications plus safety information

this title includes information on the proper safety and handling of oils extraction methods practical everyday uses documented properties and methods of use the chapters detail ancient historical to present day uses from around the world for carrier oils essential oils co2 extracts absolutes and infused oils

this is one of the bestselling aromatherapy books of all time with vital information on plant origins medical herbalism and the properties and actions of herbs and essential oils it covers 165 oils their actions characteristics principal constituents and folk traditions and is a must for experienced aromatherapists and beginners alike

an introduction to the healing art of aromatherapy which discusses the psychotherapeutic benefits of oils and holistic healing and profiles essential oils and aromatics covers base oils and blending the buying and storing of oils the safe use of oils massage techniques and beauty treatments

this is the most comprehensive and practical guide available to all of the most commonly available aromatherapy oils easy to understand it gives vital information on plant origins medical herbalism and the properties and actions of herbs and oils

among the profusion of books on aromatherapy available today the encyclopedia of aromatherapy is the first to explore the many aspects of this healing art in a single up to date illustrated volume the author discusses all things aromatic from essential oils to garden plants with recipes for blending essential oils and practical tips for creating perfumes and beauty products the numerous therapeutic uses of aromatherapy are applied to 10 major systems of the body with specific remedies given for more than 70 ailments color photographs illustrate step by step a full body aromatherapy massage accompanied by specific advice on massaging pregnant women babies children and elderly people there is also a helpful section concerning sports injuries useful for the beginner this comprehensive reference is an invaluable addition to the library of the serious student and professional practitioner of aromatherapy the encyclopedia of aromatherapy offers the most elegantly comprehensive package on the whole art and science of aromatherapy written to date it deservedly takes its place among the small handful of indispensable reference books on this fascinating therapy

the complete guide to the use of oils in aromatherapy and herbalism

a must reference book for anyone interested in aromatics comprehensive a to z format gives information on over 165 oils

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comprehensive and fully illustrated throughout the complete essential oils sourcebook

is the perfect go to reference for absolutely everything about essential oils from the best extraction methods to the most effective treatments for ailments

advice on using essential oils and plants to heal common ailments and promote good health this book includes an a z of plants and their essential oils showing how they are used in aromatherapy and an a z of over 100 common ailments and how they can be treated using aromatherapy

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