

The Aromatherapy Encyclopedia

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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

the power of essential oils has been recognized for thousands of years today the use of aromatherapy is growing rapidly as greater numbers of people experience the benefits and

life enhancing properties of these precious substances aromatic essences can have a direct effect on our health reduce our stress levels and enable us to have a better overall outlook on life as well as improve our relationship with our natural environment these raw materials are also an important ingredient in perfumes fragrances cosmetics and skin and body care products and are extensively used for flavoring foods and drinks carol schiller and david schiller recognized experts in the field of aromatherapy have created the most comprehensive reference guide on the market to date the aromatherapy encyclopedia a concise guide to over 385 plant oils includes information on the proper safety and handling of oils extraction methods practical everyday uses documented properties and methods of use chapters detail ancient historical to present day uses from around the world for carrier oils essential oils co subscript 2 extracts absolute oils and infuse this guidebook also provides a convenient category listing of oil properties for quick access and a useful resource of alphabetically arranged botanical names that cross reference the common name of each oil the user friendly format and writing style of this book can be of great value as an indispensable learning tool for a novice as well as a vital source of information for researchers formulators practitioners nurses therapists industry professionals wholesalers and retailers book jacket

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 deertounge 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 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

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

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

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

improve your life and enhance your healing practice with the essential guide to aromatherapy and vibrational healing an a to z guide to sixty essential oils and their corresponding vibrational elements renowned author margaret ann lembo shows you how to achieve physical spiritual and emotional balance using a variety of vibrational tools including flower essences gemstone essences chakras divine messengers zodiac signs planets colors numbers animals holy water discover how different oils can be combined with the power of intention to create and maintain positive change in your life learn how aroma energetic practices support your journey to self awareness and well being outlining detailed information on all sixty essential oils from therapeutic properties and fragrances to complementary essences and interesting tidbits this comprehensive book provides everything you need to heal transform and evolve on every level praise this is absolutely the best book i ve read on the topic it s all here and more cyndi dale author of the complete book of chakra healing an off the charts must have resource to have in your home with such clean style and grace she reviews the history the mystical and all practical applications of essential oils amazing joan ranquet author of energy healing for animals

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

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

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