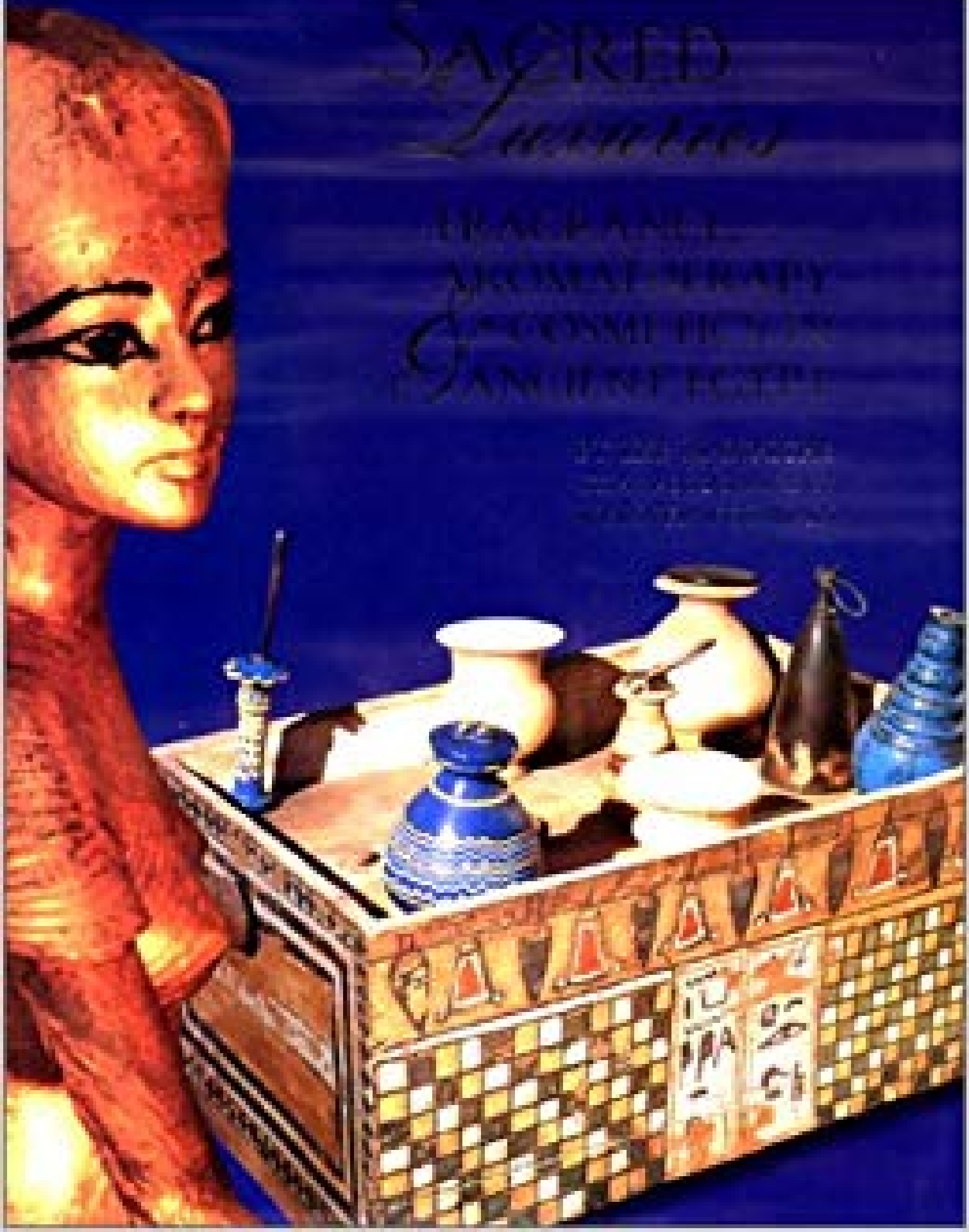


# SACRED *Lumina*

HEALING  
ACUPUNCTURE  
& COSMETICS BY  
ANCIENT EGYPT

100% NATURAL  
HERBALS & ESSENTIAL OILS  
FOR YOUR WELL-BEING



Lise Manniche

Sacred Luxuries: Fragrance, Aromatherapy, and Cosmetics in Ancient Egypt



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The art of contemporary fragrance-making owes much to practices created in ancient Egypt. the more exquisite its display, the higher the appeal. This stunning book introduces an abundance of once highly prized skills to be reacquired and ancient items to end up being sampled anew. Manniche details three categories of ingredients used by the Egyptians to make fragrances: vegetation, including cardamom, cinnamon, saffron, and mint; Fragrant remedies, the central element in ancient medicine, are completely discussed. and oils and fats ranging from almond essential oil to ox extra fat. Finally, she investigates the widespread usage of cosmetics, as exposed in wall paintings and painted sculptures. The even more exotic the substances, the more valued the commodity; The Egyptians attached great importance to perfumes and cosmetics, which women and men wore to make themselves attractive and alluring, to revive vitality and good wellness, and as a way of venerating the gods and of negotiating a passage to the realm of the hereafter. In the past 10 years, the West has noticed a revival of traditional skills, particularly in the areas of spirituality and healing. "Drawing about Arabic and other sources, Manniche explores the use of perfumes in ritual and on social occasions, and examines the erotic connotations of scent in Egyptian artwork and poetry. gums and resins, particularly myrrh and frankincense; "In order [for a scent] to accomplish fame," Manniche writes, "the finished product needed an aura of rarity, of exclusiveness, and of the divine. The reserve features a hundred color photos, used by Werner Forman, of items in the world's most celebrated museum selections. Exquisite cosmetic containers in the form of birds and pets, reliefs representing kings and priests perfuming images of deities, and lifelike mummy masks showing make-up are among the images represented. In this manner, the visible and olfactory arts mixed to make small objects of the greatest luxury appreciated not only in Egypt, but all around the ancient globe. In this lavishly illustrated, oversized book, Lise Manniche talks about the role performed by scents and cosmetics in ancient Egyptian culture and discusses their planning?in some situations providing actual recipes.



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A delightful Ancient Egyptian aromatherapy primer This exceeded my expectations. Incredibly beautiful photographs thanks to Werner Forman. Lack of trained in herbology, Aromatherapy or even botany also serves to limit the authors grasp and capability to expound. I'm disappointed that I cannot utilize this publication. She sticks with reputable research rather than presenting erroneous information the tone is lively and engaging. The information is very thorough and insightful. A Real Treasure This is a classic of the highest level of scholarly investigation and usable practical information about Egyptian perfumes and incense: essential for just about any serious student of temple praxis or the artistic side of Egyptian culture. Many of the well known ancient perfume quality recipes are included and it is interesting to observe how Pliny and others recommended medicinal use. This book acts as an motivation and will undoubtedly make the reader wish to know more concerning this fascinating era. Unfortunately, I am returning it. I love it. Beautiful This is a beautiful book filled up with recipes and traditional uses of herbs. Lots of little traditional tid bits. A very fun and interesting book. An excellent purchase for those thinking about ethnobotany, herbalism, perfumery, aromatherapy as most of these topics are extensively protected and discussed. Sacred luxuries Excellent book to research ancient cosmetic and perfume practices. I've made a few of the Kyphi incense found in the temples in fact it is divine! I'll say however people wishing Aromatherapy content, as the title denotes, will be very disappointed as there is really none. Excellent book for deep study of Egyptian life and the way the interact with plants. That is a coffee table book I thought it had been an herbal and/or aromatherapy publication, but not really. As one who does not examine hieroglyphics, I cannot make heads nor tales of the book. Lise Manniche digs deep to get the original use for most essential natural oils that are used today. I really like it. Very informative and interesting The author did a wonderful job of covering the use of gas (perfumes) and botanicals in ancient Egypt (and at times the areas) from a archaeological standpoint. Beauty coffee table quality book. Amazing book, a valuable treasure! Ancient quality recipes from the Pharoahs and goddesses temples, myths, legends and Egyptian herbalism. Completely I feel the reserve is a superb reference work and well researched.



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