

A PRACTICAL A TO Z REFERENCE TO AROMATHERAPY TREATMENTS
FOR HEALTH, SKIN, AND HAIR PROBLEMS USING ESSENTIAL OILS



A COMPLETE GUIDE TO UNDERSTANDING & USING



AROMATHERAPY



FOR VIBRANT HEALTH & BEAUTY



ROBERTA WILSON

Roberta Wilson

Aromatherapy for Vibrant Health & Beauty/a Practical A to Z Reference
of Aromatherapy Treatments for Health, Skin, and Hair Problems Using
Essential



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Book includes a practical A to Z reference for aromatherapy treatments for health, skin and hair problems using essential oils



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Great starter book Roberta Wilson has generated an extremely useful, friendly, fun book. I've also purchased the next edition of this wonderful text. It really is basic to find the information you need in this book. Wilson provides included a reference section, which gives the folklore & natural heritage, medicinal uses, psychological effects, primary activities, and cautions of each oil. I don't need a lesson on chemistry only a resource for enjoying the benefits of all my oils which book fits my requirements. Thank you Roberta Wilson! I have other books on aromatherapy, but this one may be the cornerstone of my collection, and the one I take advantage of most often. My Aromatherapy Bible This one book is becoming my "Bible". excellent information and easy to find recipes I have been learning aromatherapy for three years now. I have several books on aromatherapy and important oils, and this may be the one I refer to the most often. A resource guide, recommended reading, and bibliography are in the back of the book. I would suggest it to a friend in the business. Contains very useful information Contains very useful information A Good Read The book is well written , practical and useful. Very Good Book I really like this book, especially the way it is broken down, my favorite may be the beauty uses. I first browse it at the library and wanted to have the publication in my own collection. This reserve is ideal for anyone attempting to make their own oils. Love this book and keep it as my bible of aromatherapy info. If this subject interests you I would suggest it as one to increase your collection. I used my first copy so much that it fell apart and I promptly purchased another. I've over 30 books, some I rarely refer to, however this one I appearance at at least three or four 4 times a week. Excellent information, yet what I really like is the way it is put jointly. Ms. Some of the books it takes permanently to discover what I am searching for this one I could find what I need within a few seconds. I would highly recommend this reserve to anyone. Great Book I love this book. The history is very interesting to me as well. Thorough Compilation Roberta Wilson has compiled a timeless, informative publication of aromatherapy and health insurance and beauty formulas that I believe to be the best of its kind. Four Stars Good book Five Stars Love this book! Makes aromatherapy easy Found two aromatherapy books which one is certainly a keeper- clear and easy to comprehend, easy to find uses for particular oils or oils for a specific issue/ purpose. There are many recipies to follow, along with suggestions for creating my own formulas, as well as ways to utilize the blends, such as in a diffuser, right from the combination bottle, etc. Five Stars Loved it



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