

"A valuable book for everyone interested in aromatherapy..."
— *Awareness Magazine*

essential aromatherapy

a pocket guide to essential oils & aromatherapy



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Essential Aromatherapy: A Pocket Guide to Essential Oils and Aromatherapy



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That is an easy-to use guide for every reader, or a convenient reference for individuals who already utilize the Complete Book of Essential Oils and Aromatherapy. Particular formulas for blending essential oils for a myriad of residential and health applications are provided. It includes individual oil profiles, applications, and the physical and emotional conditions that warrant their make use of. The handy publication culls the best of THE ENTIRE BOOK OF ESSENTIAL Natural oils and organizes every essential oil into available, alphabetical listings. Complete treatment suggestions for such special situations as pregnancy, kids and babies, chronic pain, terminal disease, and pre- and post-operative circumstances are included. This lively A to Z reference guide shows readers how to prepare and use essential oils and utilize them for healing physically and emotionally.



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I bought another copy for my child as well. Unlike Wormwoods Complete Book, that I do not like because of how she categorized and mis-categorized problems, this helpful book is clearly laid out! Found another pocket reference that is much easier to use. g. This is a great additional quick reference device for self-blending. These usually do not actually warrant the thought of "recipes" but more which oils will end up being helpful therefore pick some, mix them and observe what works. I personally like this, others may want even more of precise ratios of the various oils to make synergies e.i. prefer the other essential oil books I've gotten Five Stars The best easiest book to use for gas users, love this book! 2 drops bergamot 3 drops xxxx 1 drop xxx etc. If you are looking for that try Lawless' Total Sourcebook or Purchon's Full Aromatherapy and GAS handbook. Steps to make a compress or how to steam etc, and oil profiles plus a list of what oils are helpful with a huge set of issues. VERY impressed! HIGHLY recommend! I have two essential oil books - that one and a more substantial book with a lot more in it. Nevertheless, between your two, this one may be the absolute best! I might not ever open the other reserve again. This book is SO well-written and come up with in such a perfect arrangement of order. In addition, it tells you where the vegetation are grown. I browse this book like I was reading an exciting novel! I possibly could NOT place it down. It generally does not have all the oils in it that I have in my own collection but I cannot complain since you can find literally hundreds of oils out there and that might be tantamount to carrying an encyclopedia sized publication which is definitely not portable or easy. I feel very knowledgeable about essential oils and anything essential that one would need to know. Essential aromatherapy pocket guide. Recommend to Anyone who will ever use a single essential oil!! Best book ever! Three Stars just ok. Portable and no problem finding what you are searching for, great reference book. Because of the small size of this book, it is very easy to discover a place to store it within easy every day reach. It's categorized with ease of access in mind and I can find what I need in just secs. I bought it used but it was in superb condition and just what I needed to be in a position to highlight and take notes in since I carry it with me at all times for quick reference. Everything in it had been so interesting and incredibly helpful. Overall it's perfect for my wants and I am happy with my purchase. Essential Aromatherapy: A Pocket Information to Essential Oils and Aromatherapy This is a wonderful and convenient book. It has all the necessary details for quick look ups!... I make reference to his handy guideline several times a day time, it's obvious, concise and very easy to locate the thing you need when you need it. I think it could definitely be of help anyone interested in learning about essential oil uses. Ideal for on the go Love small size of this book. Easy to keep in my purse or car. Very helpful when I need to reference something quickly.. I needed an instant reference to the different oils, and what they're used for, and this reserve does that and even more. Great little pocket guide Great information to have readily available. This is this easy-to-read guide through everything you would want to know about essential natural oils, but without adding too much unnecessary information. Not a recipe book, just a great guide! The author tells you the type of oils will be the best to buy, and how they are extracted from the vegetation. Good reference item. Significantly, one of the best purchases I have ever made (if not the absolute best)... Susan Worwood is very knowledgeable and I have learned a lot very quickly about the fundamentals and how to use essential natural oils, and find it very informative. This book on aromatherapy, is so informative, good for referencing and for beginners too, an absolute must have for your library Great book Great budget on aromatherapy with plenty of information for a beginner Five Stars easy to read, a handful book The best! Informative, easy to reference I have MANY essential oil books, however this reserve is the best. I learned probably the most from this book, I reference it frequently and quickly, I simply wish Amazon would I want to order a couple of for my children. I am VERY impressed...g. There is very good information, but this was not really what I was .. Basics of essential oils This is an excellent book for the beginner, with regards to essential oils. There is good information, but this was not what I really was looking for. Good safety info, including children's details, list of uses e. Five Stars Love this publication! Surprising how much it covers.



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