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AROMATHERAPY

Essential Oils for Vibrant Health and Beauty

Revised and updated edition of *Aromatherapy for Vibrant Health and Beauty*

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Roberta Wilson

Aromatherapy: Essential Oils for Vibrant Health and Beauty



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First published in 1995, Wilson's Organized in a handy A-to-Z format, Aromatherapy is the many trusted sourcebook for this gentle healing artwork. Roberta Wilson's essential resource for aromatherapy offers a huge selection of healing recipes for compresses, baths, inhalants, surroundings fresheners, and skin-care products specifically designed to assuage common disorders and issues. Aromatherapy, the centuries-old practice of using botanical scents and natural oils for physical and psychic advantage, reached its peak of recognition in the early 2000s. This information is here revised and expanded to cover a wider collection of essential natural oils, more health issues, and more ways of incorporating aromatherapy into your life.



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I will let you know why I found this phenomenal! I will let you know why I found this phenomenal!..... Index is quite thorough and useful. I have many books about necessary oils but never found [I might not have looked well enough] an essential oil that was so definitely advised for benign prostate problems. Great reserve for newbies to aromatherapy and all the craziness. A really great book for newbies in the overwhelming world of aromatherapy.... Extremely annoyed because I bought this book on Amazon and then visited Barnes & in cases like this Jasmin oil. I will prescribe it now regularly [being it expensive] I tried this oil and also on a patient who suffered from many long years out of this problem and just by sniffing at night some oil on a handkerchief can rest through for the first time! In fact, the new duplicate I received arrived with a bent cover and searching used.. I definitely recommend this reserve after reading many testimonials I purchased this book. The beginning of the publication is dedicated to the many ways to use essential oils and how exactly to really understand them all because there is truly about 200 oils and they go over them all! Then they go into using them together and recipes. It's an excellent book and source to have in the beginning and build on!! Filled with great information that's laid out in a very easy .. The paper (I believe) is recycled and is a boring ivory color and the composing isn't so easy to . I have several oil books today and find I make reference to this often especially for some of the dishes. I couldn't recommend this reserve as that informative for a newbie in using essential oils.. A good starting-point for beginners This book covers all of the basics of aromatherapy, including detailed information regarding various oils and recipes because of their use. Ms. Wilson is normally a little heavy-handed in her ecological-correctness, but that appears to be a common-denominator among natural-health gurus. The publication is loaded with useful information, particularly for the novice seeking to understand aromatherapy and make a useful use of it! Loved the book Loved the book, filled with very informative information regarding essential oils and how exactly to use them. Needless to say, Amazon took care of it. This is a rip off. Very informative and useful book, pages and cover have become thin. This book is an update of a youthful version.! Filled with great information that's laid out in an exceedingly clear to see method. The new version does have several helpful new additions. When compared to older edition the paper on which this is imprinted is quite thin and flimsy. Although this may be unimportant for some, I find it annoying when a book is used a lot for quick referencing or might need to end up being propped open up while making something. Just fragile and an easy task to tear. If this was the only hint/knowledge I came across in this book, after that it enough to provide it 5 stars also to search for other applications from other oils by the article writer. I bought another one for my sister and she loves it also. Didn't want to take stars off for something similar to this but idea it was worth noting. Five Stars Great reserve for my aromatherapy courses Set the mood with aroma... The Author gave the very same publication a different TITLE and COVER to make it look like a different book.... The book provides general information on essential oils and their use. I don't care much for the paper it was imprinted on. The paper (I think) is recycled and is normally a dull ivory color and the writing isn't that easy to learn. Doesn't go that very much in to the chemistry of the oils but more of the uses and properties of individual oils. One Star returned Same book as "The Essential Guide to Essentials Oils". Buyers be aware. This is actually the exact same book as "THE FUNDAMENTAL Guide to Essential Natural oils by Roberta Wilson".. Nobles purchasing the additional one, thinking it may be additional new information. Just to find out that it is the very same book. I would suggest this book for anybody wanting to learn more about how to use essential natural oils and how they are able to improve your health.

Great publication for gathering understanding of aromatherapy and how exactly to put it to healthy use and improve your life and family members around you. Extremely PISSED OFF! Not my favorite publication on aromatherapy, but still very good.! It is a wonderful resource. good book, very educational good book, very educational! Received book Received, useful for college course



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