

# Aromatherapy for the Healthy Child

*more than 300 natural, nontoxic, and fragrant essential oil blends*



VALERIE ANN WORWOOD

*author of*  
*The Complete Book of Essential Oils & Aromatherapy*

Valerie Ann Worwood

Aromatherapy for the Healthy Child: More Than 300 Natural, Nontoxic, and  
Fragrant Essential Oil Blends (More Than 300 Natural, Non-Toxic and Fragrant  
Essential Oil)



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Valerie Ann Worwood offers an array of scientifically verified remedies, alongside complete charts of essential oils and guidelines for aromatherapeutic massage. Effective yet secure, aromatherapy is a sound way to treat everything from diaper rash to asthma to self-esteem problems in children. This book will appeal to every parent who thinks proactively about their children's long-term physical and mental health. Many complaints such as aches and coughs that may otherwise have to await a visit to the doctor can be addressed immediately at home using the curing power of nature. Aromatherapy taps the healing potential of Earth's old medicines, the fundamental oils that provide plants their scent. Additional chapters describe how aromatherapy can advantage seriously ill kids when used in conjunction with Western medicine.



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We was disappointed in this publication as it does not mention the . This book gives you comprehensive info on the various methods for using EOs (something I haven't found somewhere else), how to setup you medication cabinet, what to put in it, which EOs are secure at what age groups, etc.. Informative! When I find a recipe I want I then need to search the ingredients to see if they are kid secure for my children. On an advantage side it is easy to search for a recipe you should ease a child. Check which natural oils are child safe and sound before using her blends.. Great reserve for so many childhood problems! This book includes a good base for information however the safety guidelines are way out of date.! In case you are just a beginner after that don't follow this book like it's the bible for all children's remedies. Always check the dilutions to find if they are accurate aswell. Otherwise an OK reserve.! It Covers Every ailment practically! Great baby shower celebration gifts Great information to have on hand. Never helpful at this time, but I will keep this reserve as a very important reference for additional ailments. I was amazed at all the have in this book. Great Resource Written easily and clarity. Easy to understand.! I like that she gives 3 or 4 different methods to treating the issue. She's big on baths, though, and for those of us without a tub I'm happy she offers alternatives. Nice book, horrible layout on ipad or iPhone The book seems to have a lot of useful information, however the table design is horrible. It's impossible to make sure that 2 or more columns of text aren't mixed jointly. With a book which has recipes you need to follow EXACTLY FOR SAFETY SAKE, this is a real issue! I usually would rather purchase kindle books because they are based on a far more universal platform, but that is one where in fact the iBooks version is hands down better with not merely its look, but most of all, the table layout. I recommend the book, however, not through kindle.. Very thorough book, description misleading. I really like how thorough this reserve is, it not only has general safety guidelines in it for babies and children but the recipes are brilliant!! I've a 13 year old, a 3 year older and something on the way therefore i will be using this publication extensively. I highly recommend this book important for the family- ideal for beginner to EOs The review by 'soufy' just about says it all so I won't elaborate too much more. But to add a couple of things.. It's nice to browse through and see how many uses important oils have in our life.! I have go through or skimmed many books on EOs even though they have provided many recipes or provided most of the research behind EOs, none compare to the book in regards to the practical application of EOs in the home.. In other phrases- for the beginner (me) or someone who doesn't have the time to analyze everything yourself (me!) and need some 'here is what to do' instructions-- this book is all you need! Like 'soufy', I cannot say enough good stuff about it. Now book for Moms with active children Purchased this for my daughter ( browse it prior to mailing to her) Great reading from starting to end.! What oils works with the problem! Update 4/11/14: Although this book did not have the details I bought it for, it has ended up being quite useful in additional regards with 2 small children in the house. Every sickness or incident a children and get. Haven't been doing oils for . Haven't been doing oils for very long and this book is a welcome addition. Covers every ailment practically!! I LOVE that it lists so many ailments that kids face, from bug bites for some pretty serious issues. Great Reference book. This book has a lot of information for various ailments.! If you or your child get sick, it is possible to look up a far more natural way to treat them.. Great book.! A book every mother or father needs. Rare may be the aromatherapy book focused on just children. This book will take the guesswork out and addresses most anything a parent would encounter when searching for natural remedies because of their child. Would have given it 5 superstars, but I purchased this book for advice about bedwetting (as mentioned in the explanation) and there is NOTHING in this publication regarding bedwetting outside of association with UTI. Updated to 4 stars. Nice Reference Book for Moms That is a classic for all those of with children who wish to care for them as naturally as you possibly can. Helpful Five Stars Great book Very handy little book. I desire, I had this publication when my kids were growing up... Very handy little book. Happy my daughter can use it, when my granddaughters obtain sick. LOVE! Great baby shower celebration gift! In the event that you follow

Tisserand's protection guidelines and know which natural oils to use on kids and which to stay from (like eucalyptus and peppermint) then this book will be helpful.! Amazing information!!I got into EOs in an effort to take care of my family. The book is sensibly organized -- first the techniques and basic safety of using essential natural oils with children, then which ones you should have on hand, finally the circumstances you might want to address.Guidelines on using Essential natural oils. Wish I had acquired it many years ago. We was disappointed in this book as it does not mention the youngsters ages in any of the recipes.! Great for naturalist or do-it-yourself solution person. Very informative literature.



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