



Erich Keller

Aromatherapy Handbook for Beauty, Hair, and Skin Care [Paperback]
[1999] (Author) Erich Keller



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Great Book. One Star So disappointed that isn't offered in Kindle format. While by no means is it a comprehensive source for all natural oils and all treatments, it remains among my favorite resources for quick reference, also after many years..(Bad Amazon Purchaser). That is more about appropriate usage of oils and their functions. You might have to purchase some of the substances listed in a few of the quality recipes or, if you are like me, you already have some. Either method, you could either adhere to the book's recipes or it is possible to tweak them, like I really do. I think the section on EOs is especially helpful as you can find charts that you could easily appear at to see what oils do what and corresponds to what type hair/skin you have. I will say that I wish there is more hair care details, as it mostly deals with skin, but all-in-all, a good book to explore making your own cosmetics. Excellent resource Especially for the beginner to intermediate aromatherapist and cosmetics maker, this book is a wonderful resource. Among my top favorites! Lots of great dishes, though don't be prepared to be handed the methods for creating soaps, lotions, etc. If you are interested in making your beauty products, this book is a good place to start. I always have this book convenient.. Four Stars Lots of new details on essential oil I didn't know. Five Stars Super fast shipping and great price Great buy Great book to analyze for the novice or newbie. Our group loved it so much we purchased three more copies. Five Stars Good deal Excellent Resource Excellent resource for beginner with an abundance of information and recipes! A great resource! Five Stars Use to make shampoo and other activities for my skin JUST WHAT A Find! I discover myself constanly likely to it for each and every little cosmetic concern. It's arranged well and gives a quick explanation of most of the oils one would discover themselves using to create potent, functional products. We are looking to incorporate essential natural oils in to the treatment room.! I can't believe that I haven't written an assessment because of this book yet.



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