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Aromatherapy, the gentle, natural practice of using carefully distilled essential oils to affect the physical and mental health, is now popular. It is one of the most effective, pleasant and enjoyable health practices available as a safe way of health promotion, and can help with a wide range of depression, and relieve or prevent a variety of health problems. In addition, it offers a host of exciting beauty-care benefits to be enjoyed too.

Roberta Wilson's *Aromatherapy for Women's Health and Beauty* is designed to provide all the information you need to understand and benefit from aromatherapy. The book is divided into four parts: Part One explains basic principles. Part Two looks at the benefits of essential oils for skin, hair, stress, anxiety, and overall well-being. Part Three explains the benefits of using pure essential oils—both standard and bath's to compresses and inhalants. Part Four contains an extensive A-Z listing of essential oils and aromatherapy treatments. Each section offers an explanation of the science and a discussion of appropriate aromatherapy techniques in the form of specific, step-by-step aromatherapy recipes, as well as other helpful suggestions.

First published in 1995 as *Aromatherapy for Women's Health and Beauty*, the book has been revised and expanded to cover a wide variety of essential oils, their health benefits and new ways of incorporating aromatherapy into your life, as well as aromatherapists in the field of aromatherapy of all of the related essential oils to them.

If you're new to aromatherapy or just looking for ideas for the next step, you'll find a wide range of aromatherapy techniques, comprehensive up-to-date advice that offers easy access to this gentle healing art.

ROBERTA WILSON is a holistic specialist, herbalist, and aromatherapist, and an international lecture who has been researching the healing power of plants and botanicals for more than thirty years. She has authored six of powerful tools for preventing illness, restoring balance, and maintaining health. In more than three hundred articles in consumer magazines and health journals for the cosmetics, vitamins, and natural products industries, she has advised people of all ages on what they can take naturally to their health by using the most safe and most effective. After living in New Mexico and the north, south, and west, she is now working on a line of aromatherapy products to bring the highest-quality pure essential oils, carrier oils, and body care to a mainstream product to beauty world.

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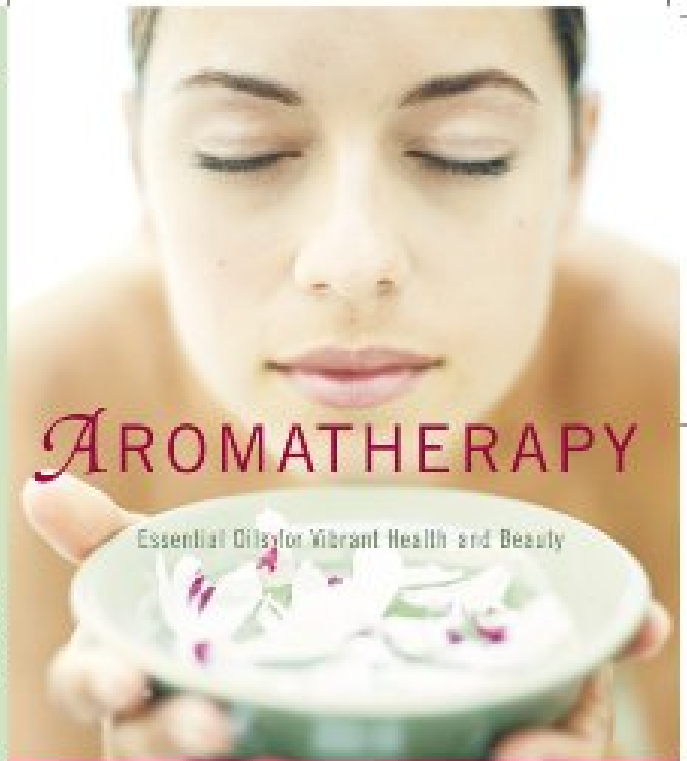
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AROMATHERAPY

Essential Oils for
Women's Health and Beauty

**ROBERTA
WILSON**



AROMATHERAPY

Essential Oils for Vibrant Health and Beauty

Revised and updated edition of *Aromatherapy for Women's Health and Beauty*
ROBERTA WILSON

Roberta Wilson

Aromatherapy: Essential Oils for Vibrant Health and Beauty



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Organized in a helpful A-to-Z format, Aromatherapy may be the most trusted sourcebook for this gentle healing art. Roberta Wilson's essential reference for aromatherapy offers a huge selection of healing dishes for compresses, baths, inhalants, atmosphere fresheners, and skin-care items specifically made to assuage common disorders and issues. Aromatherapy, the centuries-previous practice of using botanical scents and oils for physical and psychic advantage, reached its peak of popularity in the first 2000s.s information is here now revised and expanded to cover a wider selection of essential natural oils, more health issues, and more means of incorporating aromatherapy into your life. First published in 1995, Wilson'



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I will tell you why I found this excellent! I will let you know why I found this phenomenal! in this case Jasmin oil... I will prescribe it now frequently [being it costly!...!]. Doesn't go that very much into the chemistry of the natural oils but more of the uses and properties of individual oils..! I have many books about essential oils but never found [I might not have looked well plenty of] an oil that was so definitely advised for benign prostate complications. good book, very educational good book, very educational!.] If this was the only hint/experience I came across in this book, after that it enough to provide it 5 stars also to look for other applications from other oils by the writer.. I certainly recommend this reserve after reading many evaluations I purchased this reserve. The beginning of the reserve is focused on the many ways to use essential natural oils and how to really understand them all because there is truly about 200 oils and they go over all of them! Then they get into using them together and recipes. It's a great book and reference to have initially and build on!. Not my favorite reserve on aromatherapy, but nonetheless very good.. Received book Received, used for college course Full of great information that is laid out in an exceedingly clear to see method.. Index is quite thorough and useful.. Ms. Five Stars Great book for my aromatherapy courses Set the feeling with aroma. The reserve is loaded with useful information, particularly for the novice seeking to understand aromatherapy and make a practical use of it. Filled with great information that is laid out in a very easy . Although this can be unimportant to some, I find it annoying when a book is used quite a bit for quick referencing or may need to end up being propped open while producing something. I bought a different one for my sister and she loves in addition, it. I would suggest this book for anybody wanting to find out more about how to use essential natural oils and how they can improve your wellness. The new version does have several helpful new additions. This book is an update of a youthful version. It is a wonderful resource. I have a few oil books right now and find I make reference to this often especially for a few of the recipes. Extremely informative and useful publication, pages and cover are very thin. In fact, the new duplicate I received arrived with a bent cover and looking used. Loved the book Loved the book, filled with very informative information regarding important oils and how exactly to use them. Simply fragile and an easy task to tear. When compared to older version the paper which this is published is quite thin and flimsy. Of course, Amazon took care of it.! Wilson is definitely just a little heavy-handed in her ecological-correctness, but that seems to be a common-denominator among natural-health gurus... Great reserve for gathering knowledge of aromatherapy and how exactly to put it to healthful use and improve your daily life and family members around you. The paper (I believe) is recycled and is a dull ivory color and the writing isn't that simple to . A good starting-point for beginners This book covers all the basics of aromatherapy, including detailed information regarding various oils and recipes for his or her use. Great publication for newbies to aromatherapy and all the craziness A really great book for beginners in the overwhelming globe of aromatherapy. The book provides general information on essential oils and their use. I don't care very much for the paper it had been printed on. The paper (I think) is recycled and is usually a dull ivory color and the writing isn't that easy to learn. I couldn't recommend this publication as that informative for a beginner in using essential oils. One Star returned Same book as "The Essential Guide to Essentials Natural oils". Buyers end up being aware. This is actually the exact same book as "The Essential Guide to Essential Oils by Roberta Wilson". Extremely annoyed because I purchased this book on Amazon and then went to Barnes & Nobles purchasing the various other one, thinking it could be additional new info. Just to find out that it is the exact same book. That is a rip off. THE WRITER gave the very same book a different Name and COVER to create it appear to be a different book. Extremely PISSED OFF!! Didn't want to consider stars off for something like this but idea it was worth noting. We tried this oil and also on a patient who suffered from many long years out of this problem and just by sniffing during the night some oil on a handkerchief is able to sleep through for the first time!.



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