

# The Aromatherapy Encyclopedia

The Aromatherapy EncyclopediaThe Aromatherapy EncyclopediaThe Encyclopedia of Essential OilsThe Illustrated Encyclopedia of Essential OilsThe Aromatherapy EncyclopediaThe Aromatherapy EncyclopediaThe Encyclopedia of Essential OilsEncyclopedia of Essential Oils: The complete guide to the use of aromatic oils in aromatherapy, herbalism, health and well-being. (Text Only)Encyclopedia of Essential Oils: The complete guide to the use of aromatic oils in aromatherapy, herbalism, health and well-being. (Text Only)Complete Yoga Aromatherapy, Tai Chi and MassageThe Bloomsbury Encyclopedia of AromatherapyThe Aromatherapy EncyclopediaThe Encyclopaedia of Essential OilsAromatherapy Easy Guide for beginnersThe Encyclopedia of Essential OilsAromatherapyAromatherapy An A-ZThe Encyclopedia of AromatherapyThe Encyclopedia of Essential OilsThe Encyclopaedia of Essential Oils Carol Schiller Carol Schiller Julia Lawless Julia Lawless Carol Schiller Carol Schiller Julia Lawless Julia Lawless Julia Lawless Carole McGilvery Chrissie Wildwood Julia Lawless Julia Lawless Danièle Ryman Patricia Davis Chrissie Wildwood Julia Lawless Julia Lawless

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the power of essential oils has been recognized for thousands of years today the use of aromatherapy is growing rapidly as greater numbers of people experience the benefits and life enhancing properties of these precious substances aromatic essences can have a direct effect on our health reduce our stress levels and enable us to have a better overall outlook on life as well as improve our relationship with our natural environment these raw materials are also an important ingredient in perfumes fragrances cosmetics and skin and body care products and are extensively used for flavoring foods and drinks carol schiller and david schiller recognized experts in the field of aromatherapy have created the most comprehensive reference guide on the market to date the aromatherapy encyclopedia a concise guide to over 385 plant oils includes information on the proper safety and handling of oils extraction methods practical everyday uses documented properties and methods of use chapters detail ancient historical to present day uses from around the world for carrier oils essential oils co subscript 2 extracts absolute oils and infused oils this guidebook also provides a convenient category listing of oil properties for quick access and a useful resource of alphabetically arranged botanical names that cross reference the common name of each oil the user friendly format and writing style of this book can be of great value as an indispensable learning tool for a novice as well as a vital source of information for researchers formulators practitioners nurses therapists industry professionals wholesalers and retailers book jacket

at last a clear and systematic distillation of useful information about a truly comprehensive spectrum of essential oils and absolutes john steele american aromatherapy association the definitive az reference guide to essential aromatherapy oils aromatherapy expert julia lawless shares her extensive knowledge in this detailed and systematic survey of more than 190 essential aromatherapy oils from commonly used oils such as lavender frankincense ylang ylang and tea tree oils to the more obscure oils including deertounge oakmoss cananga and angelica the encyclopedia of essential oils offers a wide variety of uses and cures for everything from wrinkles to kidney stones the encyclopedia of essential oils gives detailed information on the most commonly available and widely used flower oils and aromatics including the exact origins synonyms and related plants methods of extraction the herbal folk tradition for each plant the uses of each plant aromatherapy applications home and commercial uses this easy to use volume lets you access essential information in a variety of ways with a therapeutic index a botanical index and botanical classifications plus safety information

this is the most comprehensive and practical guide available to all of the most commonly available aromatherapy oils easy to understand it gives vital information on plant origins medical herbalism and the properties and actions of herbs and oils

this title includes information on the proper safety and handling of oils extraction methods practical everyday uses documented properties and methods of use the chapters detail ancient historical to present day uses from around the world for carrier oils essential oils co2 extracts absolutes and infused oils

this is one of the bestselling aromatherapy books of all time with vital information on plant origins medical herbalism and the properties and actions of herbs and essential oils it covers 165 oils their actions characteristics principal constituents and folk traditions and is a must for experienced aromatherapists and beginners alike

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an introduction to the healing art of aromatherapy which discusses the psychotherapeutic benefits of oils and holistic healing and profiles essential oils and aromatics covers base oils and blending the buying and storing of oils the safe use of oils massage techniques and beauty treatments

aromatherapy is a therapeutic method that makes use of aromatic essences also called essential oils to treat various ailments in the physical mental and spiritual in aromatherapy the use of essential oils through the various methods of absorption allows to get into the deepest spheres that constitute an individual those that characterize its psychic functions aromatherapy easy guide for beginners is a practical guide for those who approach to aromatherapy aromatherapy is a multifaceted healing hart which use the essential oils of aromatic plants and trees to promote health of body and serenity of mind this e book sets out to prove that the basic principles on which aromatherapy is based are no less valid today it contains the profile of 10 common essential oils and also an introduction to common ailments and the use of aromatherapy in skincare chapters include introduction to holistic medicine brief history method of absorption essential oils chemistry and aromatherapy essential oils safety base oils aromatic waters and herbal oils the skin essential oils in skincare profile of 10 essential oils common ailments

advice on using essential oils and plants to heal common ailments and promote good health this book includes an a z of plants and their essential oils showing how they are used in aromatherapy and an a z of over 100 common ailments and how they can be treated using aromatherapy

this is the most comprehensive encyclopaedia of aromatherapy available today with over 400 entries covering more than 200 conditions and 82 essential oils it explains the properties of essential oils and the health conditions that benefit from them there is also advice on hazardous oils there are recipes and formulae for baths creams and tonics all the entries are comprehensive fluently written and provide an easy to understand introduction to a wide range of topics the simple fact that the a z has sold over 300 000 copies worldwide since it was first published speaks for itself it has earned and kept its place amongst the handful of indispensable reference books on aromatherapy this book has been justly subtitled the aromatherapist s bible aromatherapy quarterly one of the most thoroughly researched books written on aromatherapy the international journal of aromatherapy

among the profusion of books on aromatherapy available today the encyclopedia of aromatherapy is the first to explore the many aspects of this healing art in a single up to date illustrated volume the author discusses all things aromatic from essential oils to garden plants with recipes for blending essential oils and practical tips for creating perfumes and beauty products the numerous therapeutic uses of aromatherapy are applied to 10 major systems of the body with specific remedies given for more than 70 ailments color photographs illustrate step by step a full body aromatherapy massage accompanied by specific advice on massaging pregnant women babies children and elderly people there is also a helpful section concerning sports injuries useful for the beginner this comprehensive reference is an invaluable addition to the library of the serious student and professional practitioner of aromatherapy the encyclopedia of aromatherapy offers the most elegantly comprehensive package on the whole art and science of aromatherapy written to date it deservedly takes its place among the small handful of indispensable reference books on this fascinating therapy

the complete guide to the use of oils in aromatherapy and herbalism

a must reference book for anyone interested in aromatics comprehensive a to z format gives information on over 165 oils

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