



DOWNLOAD



## Essential Oils and Aromatherapy How to Use Essential Oils for Beauty, Health, and Spirituality

By Gregory Lee White

White Willow Books. Paperback. Book Condition: New. Paperback. 152 pages. Dimensions: 7.9in. x 5.0in. x 0.4in. Essential Oils and Aromatherapy: How to Use Essential Oils for Beauty, Health, and Spirituality is written in a personable and easy to understand style and covers all of the important aspects of aromatherapy and essential oils. Reads like a conversation instead of a text book. Authored by a professional aromatherapist, it includes the history of aromatherapy, how to use the oils, the chemistry of essential oils, how to create a balanced blend, how essential oils are made, the carrier oils used in blends, scent notes, a few questionable aspects of the industry, recipes to get you started, and a complete encyclopedia of the top fifty-five oils. The essential oil guide (encyclopedia) covers fifty-five of the most-used essential oils with detailed information about each oil including: botanical name, aromatic profile, origin, perfumery note, extraction method, description of the essential oil, safety warnings, and each oils uses and benefits for the mind, the body, and the spirit. Added bonus rarely found in essential oils books: step by step directions showing how a professional aromatherapist creates a blend for a client based on their ailments, symptoms, medical history,...



READ ONLINE  
[ 5.95 MB ]

### Reviews

*It in a single of my personal favorite pdf. It really is writer in basic words instead of hard to understand. Your daily life period will be transform as soon as you complete looking over this pdf.*

-- **Vena Sauer DDS**

*The ideal book i actually read. It is one of the most awesome pdf i have study. I am just happy to tell you that this is basically the best book i have study in my own life and might be he finest ebook for actually.*

-- **Nettie Leuschke**