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The Aromatherapy Bible: The Definitive Guide to Using Essential Oils

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Inside each bottle of essential oil lies the key to beauty, health, and wellbeing-and this comprehensive illustrated reference contains all the information needed to work aromatherapy's magic. It includes complete instructions for skin and body treatments; recipes for creams and lotions; remedies to overcome negative emotions; advice on psychic cleansing; and techniques to enhance meditation and massages of all kinds. There are first aid therapies to relieve simple ailments, and to use during pregnancy and with babies, children, and the elderly. A Directory of Essential Oils gives the properties and applications of 75 common and exotic oils.

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