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Aromatherapy Workbook, first published in 1990, is an essential guide to the history, folklore, science, and practice of aromatherapy. It features more than seventy essential oils classified by botanical family with detailed discussions of their specific actions, along with unique insights into their energetic and spiritual properties.

Aromatherapy Workbook | Book by Marcel Lavabre | Official ...

The aromatherapy workbook : understanding essential oils from plant to bottle. Setting the scene -- Extraction methods -- Aromachemistry -- Chemistry of essential oils -- Plant families -- Perplexing essential oils -- What's in a name? -- Safety of essential oils -- Essential oils -- storage, carriers and methods of use -- Carrier oils -- Holistic approach -- Touch and essential oils -- Women's and children's problems -- Oils at work and in the home.

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Aromatherapy Workbook, first published in 1990, is an essential guide to the history, folklore, science, and practice of aromatherapy. It features more than seventy essential oils classified by botanical family with detailed discussions of their specific actions, along with unique insights into their energetic and spiritual properties.

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Essential Oils And Aromatherapy Workbook ebook PDF ...

It clearly explains everything you need to know about understanding and using essential oils. Written in a clear, easy to understand style this comprehensive book includes: what the different carrier oils are • how to use essential oils for health, pleasure and enjoyment

Aromatherapy Workbook: Understanding Essential Oils - From ...

A good way to understand essential oils is to think of them as the blood of plants. Like blood, essential oils seal cuts and trigger hormonal responses in plants when they are threatened. These oils are so essential for plant vitality that without them, plants would die. Unlike human blood, essential oils only come from specific parts of plants.

Understanding Essential Oils: A Complete Guide For Beginners

Written for those who wish to delve deeper into the world of aromatherapy, this book includes: extraction methods for obtaining essential oils; the nature of different carrier oils; therapeutic oils versus perfume oils; plant families and the therapeutic qualities of their essential oils; the chemistry of essential oils; the relationship between components of essential oils and their effects on the body; and how to use essential oils for health, pleasure and enjoyment.

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Aromatherapy Workbook: Understanding Essential Oils - From ...

Aromatherapy Workbook, first published in 1990, is an essential guide to the history, folklore, science, and practice of aromatherapy. It features more than seventy essential oils classified by botanical family with detailed discussions of their specific actions, along with unique insights into their energetic and spiritual properties.

Aromatherapy Workbook by Marcel Lavabre, Paperback ...

I have this in print but I needed the e-book. This book is filled with great information to get started with aromatherapy. As you learn about the chemical composition of essential oils, it will be a lot, but as you get into the case studies, things begin to come together.

Amazon.com: Customer reviews: Aromatherapy Workbook ...

Aromatherapy Workbook is written by world renowned British aromatherapist Shirley Price whose daughter Penny Price continues the family tradition today with her own aromatherapy business and school in the UK, Penny Price Aromatherapy. Price 's book covers the history of aromatherapy, extraction methods for essential oils, the chemistry of essential oils, plant families, safety of essential oils, carrier oils and personal case studies (and tips) of uses of essential oils.

Aromatherapy Books for the Beginner - Natural Health Ezine

Aromatherapy handbook - understanding essential oils from plant to bottle. this book is very good addition to my 'Aromatherapy books' self.

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True and therapeutic aromatherapy has many uses for personal care. Essential oils work on the psychological and physiological to balance mind, body, and spirit. Pure oils with the Latin binomial are the key to achieving the desired results in care. Uses are explained, and a suggested list of safe essential oils and hydrosols are included.

Understanding True Aromatherapy: Understanding Essential Oils

An excellent guide for anyone wanting to delve deeper into the world of aromatherapy. It clearly explains everything you need to know about understanding and using essential oils. Written in a clear, easy to understand style this comprehensive book includes: what the different carrier oils are • how to use essential oils for health, pleasure and enjoyment • how aromatherapy can be used for ...

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Aromatherapy, essential oils, natural healing - these are terms that can all lead to confusion. By the time you reach the end of this book you'll not only understand the value of each in your overall well-being and in relieving your pain, you'll be able to create your own recipes to live a healthier lifestyle.

Aromatherapy for Beginners: The Ultimate Guide to Relieve ...

This is a must-have book for the aromatherapy libraries of beginners and intermediates who are eager to gain a solid understanding of specific essential oils, hydrosols and carrier oils and learn how to safely incorporate them within therapeutic and daily living applications.

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Aromatherapy Workbook : Understanding Essential Oils from ...

The practice of aromatherapy uses natural plant extracts, such as essential oils, hydrosols, and carrier oils, in a variety of ways to heal the body, mind and spirit. It is the promotion and harmonization of emotional, physical and spiritual health through the application of these extracts. Aromatherapy is described as both an art and a science because it takes the knowledge of the scientific aspects of the plants and oils and combines it with the art of producing a beneficial blend.

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