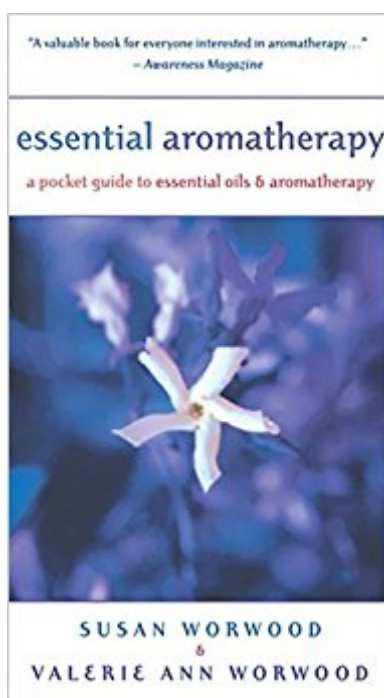


The book was found

Essential Aromatherapy: A Pocket Guide To Essential Oils And Aromatherapy



Synopsis

This lively A to Z reference guide shows readers how to prepare and use essential oils and use them for healing physically and emotionally. The handy book culls the best of THE COMPLETE BOOK OF ESSENTIAL OILS and organizes every oil into accessible, alphabetical listings. It includes individual oil profiles, applications, and the physical and emotional conditions that warrant their use. Specific formulas for blending essential oils for a myriad of home and health applications are provided. Detailed treatment suggestions for such special circumstances as pregnancy, children and babies, chronic pain, terminal illness, and pre- and post-operative conditions are included. This is an easy-to use guide for every reader, or a handy reference for those who already use The Complete Book of Essential Oils and Aromatherapy.

Book Information

Paperback: 208 pages

Publisher: New World Library; 2 Sub edition (March 2003)

Language: English

ISBN-10: 1577312481

ISBN-13: 978-1577312482

Product Dimensions: 0.8 x 4.2 x 8.2 inches

Shipping Weight: 5 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 56 customer reviews

Best Sellers Rank: #162,932 in Books (See Top 100 in Books) #108 in [Books > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy](#) #113 in [Books > Health, Fitness & Dieting > Alternative Medicine > Massage](#) #143 in [Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy](#)

Customer Reviews

This brisk tour of essential oils (or concentrated plant essences) and explores their many applications and uses. Author Susan Worwood begins with a brief history of oils and aromatherapy, which describes how the practice of aromatherapy shifted from having New Age connotations to being accepted in popular culture. The reader then learns how essential oils work--from their antibiotic, antiviral, and antifungal properties to their mind/body/spiritual connection. The guide provides tips on buying and storing oils and includes useful one-page profiles of the plants that produce the oils, from basil to yuzu. The book's exhaustive "how to use" list describes how to make face masks, foot baths, gargles, diffusers, and more. The list also teaches us that there are

inexpensive, natural treatments for many common maladies. This book offers a great crash course in essential oils and aromatherapy is a useful reference handbook. --This text refers to an out of print or unavailable edition of this title.

Use this A-Z reference to access essential oils and their applications. Formulas for blending oils and detailed treatment outlines assure readers will gain the most from their application and use. --Midwest Book Review --This text refers to an out of print or unavailable edition of this title.

Unlike Wormwoods Complete Book, which I do not like because of how she categorized and mis categorized problems, this handy book is clearly laid out! Good safety info, including children's info, list of uses e.g. How to make a compress or how to steam etc, and oil profiles plus a list of what oils are helpful with a huge list of issues. These do not really warrant the idea of "recipes" but more which oils will be helpful so pick some, mix them and see what works. I personally like that, others may want more of precise ratios of the different oils in making synergies e.g. 2 drops bergamot 3 drops xxxx 1 drop xxx etc. If you are looking for that try Lawless' Complete Sourcebook or Purchon's Complete Aromatherapy and Essential Oil handbook. This is a great additional quick reference tool for self blending.

I have two essential oil books - this one and a larger book with much more in it. However, between the two, this one is the absolute best! I might not ever open the other book again. This book is SO well-written and put together in such a perfect arrangement of order. This is such an easy-to-read guide through everything you would want to know about essential oils, but without adding too much unnecessary information. I read this book like I was reading an exciting novel! I could NOT put it down. Everything in it was so interesting and very helpful. I feel very knowledgeable about essential oils and anything important that one would want to know. Seriously, one of the best purchases I have ever made (if not the absolute best). HIGHLY recommend to ANYONE that will ever use a single essential oil!! Best book ever! I am VERY impressed.

This is a wonderful and convenient book. It has all the necessary information for quick look ups. Surprising how much it covers. Susan Worwood is very knowledgeable and I have learned a lot in a short time about the basics and how to use essential oils, and find it very informative.. Because of the small size of this book, it is very easy to find a place to store it within easy every day reach. I think it would definitely be of help to anyone interested in learning about essential oil uses.

I refer to his handy guide several times a day, it's clear, concise and very easy to locate what you need when you need it. It's categorized with ease of access in mind and I can find what I need in just seconds. I purchased it used but it was in excellent condition and just what I needed to be able to highlight and make notes in since I carry it with me all the time for instant reference. It doesn't have all the oils in it that I have in my collection but I can't complain since there are literally hundreds of oils out there and that would be tantamount to carrying an encyclopedia sized book which is certainly not portable or convenient. Overall it's perfect for my needs and I am happy with my purchase.

Great information to have on hand. Good reference item.

This book is a must have for anyone who wants to get into aromatherapy. It's a strait to the point reference guide on oils and how to use them. I take it off the shelf quite often.

Got this as a gift for my sister along with an EO kit... The book is a great intro to oils and very informative for a beginner.

This is a very handy pocket guide. It gives a little background information, explains how essential oils work and suggestions on how to use essential oils. It has a section listing ailments and which oils might help and a section describing each essential oil. I refer to my copy of this book quit often. I would recommend it for anyone that uses essential oils.

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