

## **Aromatherapy for Women & Children: Pregnancy and Childbirth**

Dye, Jane, author

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### **Abstrak**

Aromatherapy For Women & Children is an invaluable aid for all women interested in the practise and theory of aromatherapy and how it can influence their everyday life and those of their families. It combines a comprehensive guide to the therapy with an easily accessible alphabetical section on understanding the oils, along with an A-Z directory covering all the common ailments. As Jane Dye explains, aromatherapy can have profound influence on the mental, emotional and physical levels and, if used with a degree of knowledge and respect, can effectively and delightfully treat all manner of complaints in a safe, non-toxic, non-habit forming way. She makes it assessible for everyone of all ages, especially beneficial during pregnancy and for children, when ideally, chemical drugs and their sometimes side effects should be avoided.