

Setting the Mood with Aromatherapy

Wall, Carly, author

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Abstrak

Wouldn't you love to have a magic potion that could combat depression, ease stress, and relieve other unwanted physical symptoms like aches and allergies? Aromatherapy--the use of essential oils for their healing properties--may be just the elixir you need. This valuable guide does more than tell you the attributes of each herb and plant; it provides an in-depth introduction to aromatherapy. Explore the history of this art in Western and other cultures, how fragrance works on the body, how to reap the most benefits from this treatment, and the scientific research supporting its use. * Dispel negative moods using oils and other therapeutic techniques. * Pinpoint the best aromas for you; remember, the memories that a smell evokes vary from person to person. No herb works the same way for any two people.* Blend scents so as to take advantage of all their qualities at once.* Use plants as a gateway to your subconscious by trying out one of several methods of self-hypnosis.* Help balance the body and its energies with kinesiology and massage, in tandem with essential oils.* Deal with a variety of emotional states including depression, grief, shyness, anger, energy, love and sex, relaxation, and creativity. Whether you absorb the oil through the olfactory system or through the skin, you'll see immediate all-natural results--without any negative side effects!