

The Essence of Aromatherapy

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Abstrak

This gorgeous book shows how essential oils benefit body, mind and spirit.

Aromatherapy is an age-old treatment that uses the pure extracts of aromatic plants to heal common ailments and restore emotional balance. The author explores all aspects of aromatherapy in an informative and accessible style, revealing how it works pleasurably and naturally with the body. With an easy-to-use reference section featuring 45 commonly used oils and an in-depth look at ten of the very best oils - including lavender, rose, tea tree and geranium - plus a chart of ailments and suggestions of what oil to select, choosing the right oil for your needs will be simple.

From bathing in lavender-scented water to soothe away aches and pains to adding bergamot to a massage oil to revitalize and rejuvenate, Aromatherapy gives the reader the information needed for maximum results.