

Practical Aromatherapy: The Complete Beginner's Guide to Choosing, Massaging and Relaxing with Essential Oils

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Abstrak

Aromatherapy is the soothing, natural way to achieving a real sense of well-being using essential oils. The art of aromatherapy lies in the creative use of the oils, the skilful mixing and blending to produce aromas. This book is an A-Z directory of these essential oils, explaining what they are and how they are made, including a chart listing their properties for healing and mood-enhancing. It recommends which oils blend well together and which oils are best for individual needs with step-by-step photographs of massages using the aromatherapy oils and suggestions for beauty treatments, body moisturizers, baths and inhalations, together with recipes.