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Comprehensive and fully illustrated throughout, The Complete Aromatherapy and Essential Oils Sourcebook is the perfect go-to reference for absolutely everything about essential oils—from the best extraction methods to the most effective treatments for ailments.

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The Complete Aromatherapy & Essential Oils Handbook for Everyday Wellness is a must-have book for the aromatherapy libraries of beginners and intermediates who are eager to gain a solid understanding of specific essential oils, hydrosols and carrier oils and learn how to safely incorporate them within therapeutic and daily living applications. It is a good choice as a first book for those who are seriously interested in learning about aromatherapy.

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Simply blend several drops of essential oil into a few scoops of Epsom salts (to help the oil spread through the water) and dissolve the mixture into your bathwater for a relaxing experience. Aromatherapy Massage. Ease tension from your body and clear out your mind by experiencing an essential oil based massage.

Understanding Essential Oils: A Complete Guide For Beginners

Aromatherapy is a holistic treatment, utilizing essential oils extracted from aromatic plants to create balance and harmony to the body, mind and spirit. Aromatherapy is the skilled use of essential oils, which have been extracted from flowers, spices, fruits, woods and leaves for their esthetic, psychological and medicinal applications.

AROMATHERAPY

Instructions: 1. In a large, shallow bowl, combine lemon and rosemary essential oils with the hot water. 2. Place the bowl on a towel-topped table, and sit comfortably in front of the bowl. 3. Breathe slowly and deeply over the bowl until the water cools. Repeat as needed.

Aromatherapy for Beginners: The Complete Guide to Getting ...

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Aromatherapy is a method of employing essential oils to protect, heal and beautify. Essential oils are described as the "life force" or "essence" of plants.

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