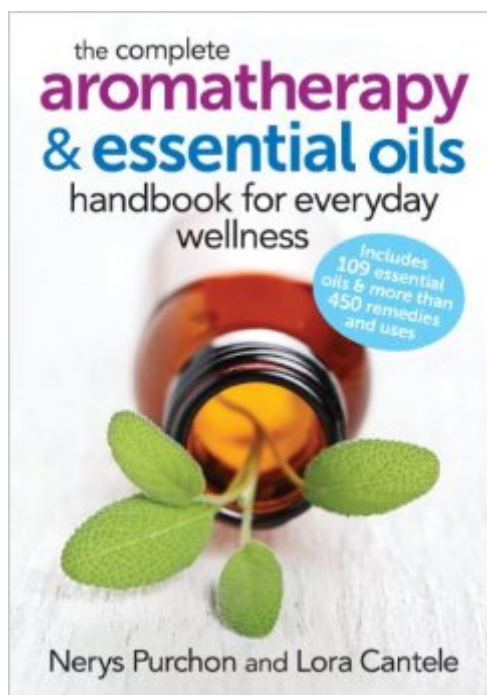


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# The Complete Aromatherapy And Essential Oils Handbook For Everyday Wellness



## Synopsis

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. The most wonderful thing about essential oils is that they are available to everyone, and they are very simple to use once the basic concepts are understood and the appropriate methods and procedures are observed. The best known way to use essential oils is through massage. In this comprehensive book there are many, many more ways to use the oils for everything from arthritis and asthma to high blood pressure and constipation. Essential oils are now emerging as scientifically proven and accepted remedies for a variety of common conditions. The why and how certain oils heal still remains somewhat mysterious. Oils can help to treat everyday ailments, whether it be strengthening the immune system, fighting bacteria and viruses, and lowering stress levels to toning, relaxing and strengthening muscles. These oils help the body heal itself. This book features 109 oils and 450 remedies. The recipes are easy to follow, do not take a long time to make, and are quite inexpensive -- the biggest cost is the oils. The oils are organized in an A to Z format, and each entry features the botanical name, a full description of how and why the oil is extracted as well as its therapeutic uses. Angelica for example has a sweet, rich smell, is excellent in all skin care preparations both as a tonic and to soften and smooth rough, dry skin. It reduces inflammation and can be useful when applied to irritated skin. As a massage oil it purifies the body and acts as a lymphatic stimulator, draining the body of excess fluid, increasing energy and generally quickening the functioning of glands. It's also an excellent tonic for the entire digestive system as it strengthens the liver, stimulates appetite, aids digestion and generally boosts the whole digestive system. Nerys Purchon was one of Australia's leading experts on herbs, aromatherapy and essential oils. Her books have sold more than 300,000 copies worldwide.

## Book Information

Paperback: 480 pages

Publisher: Robert Rose; 1 edition (September 11, 2014)

Language: English

ISBN-10: 0778804860

ISBN-13: 978-0778804864

Product Dimensions: 7 x 1 x 10 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (256 customer reviews)

Best Sellers Rank: #5,149 in Books (See Top 100 in Books) #6 in Books > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy #14 in Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies

## Customer Reviews

As a clinical aromatherapist and herbal/essential oil educator, I am often asked, "what would be the \*one\* book you would recommend to set someone up for success in working with essential oils?" THIS IS THAT BOOK. Nerya and Lora have provided a comprehensive volume with both breadth and depth. Their book:- empowers you to work safely and effectively- speaks to a wide variety of essential oils- provides detailed information for unique contraindications- outlines safe blending practices- includes information on blending for babies and children- offers invaluable base recipes and insight into carrier oils, hydrosols, and infused oils, and- provides a HOST of thoughtful remedies and recipes for personal care, wellness, and the home. With a user-friendly layout and helpful, thoughtful tone, the book is relevant and useful for both aromatherapy beginners and experienced blenders. Tips and cautions are provided in the margin and helpful reminders, "links", and resources are provided throughout the book. Compelling information for each oil, including subtle energetics, is provided in a master list of essential oils. Relevant oils for individual concerns are also conveniently included where you want them most--right below the concern you seek to address! The recipes provided leverage the broad spectrum of essential oils outlined, but most do not require you to have dozens of oils on hand to craft them; handy substitutions are also provided for those who may not have a particular oil on hand. If you are eager to begin crafting your own aromatherapy products for the benefit of your family's wellness, this book provides a thoughtful, up-to-date, and comprehensive way to begin safely working with essential oils to address your concerns and improve your quality of life. Even if you are an experienced blender, the book provides many useful tips and fresh insights--I can't recommend it highly enough!

I'm addicted to scents and usually have incense or scented candles on the go. I enjoy aromatherapy and have been buying and mixing essential oils for years ... so that's why this book caught my eye. There are four chapters plus an introduction, a glossary, resources and a bibliography:\*

- Introduction - using essential oils\*
- Part 1: The Oils - properties of essential oils, 109 key essential oils (there's a handy chart with different oils and their uses), carrier oils (for blending), basic massage oil blends and treatment bases, and infused oils\*
- Part 2: Remedies - the 450 remedies are quite extensive and include a list of the essential oils to treat the ailment, treatments (how to use

them) along with recipes/blends and tips\* Part 3: Aromatherapy for Daily Living - for personal care (skincare, hair care and body care), for the home and for massage\* Part 4: Practicalities - equipment and measuring and storing essential oils For example, here is a blend for afternoon brain fatigue:\* 36 drops of rosemary essential oil\* 24 drops of lemongrass essential oil\* 12 drops of basil essential oil Place 12 drops in a 10ml glass bottle with a roller ball. Top up with fractionated coconut oil and shake to blend. Roll on temples, wrists and collar bones as needed. I would be inclined to also use this blend in a diffuser. It's an excellent book for beginners and those who are more experienced. Nerys Purchon was one of Australia's leading experts on aromatherapy and essential oils. Her books have sold more than 300,000 copies worldwide. Lora Cantele, RA, CMAIA, AAS, is a registered aromatherapist, clinical aromalogist, certified Swiss reflex therapist, aromatherapy educator and writer. Blog review post:

<http://www.teenaintoronto.com/2014/10/book-complete-aromatherapy-and.html>

I recently got interested in essential oils. I started to learn from the internet. I believed that watching Youtube, reading the information given by essential oil companies, and "Look inside's" would be sufficient, but I quickly discovered that they left a lot of questions unanswered and also that a little knowledge is at times more dangerous than no knowledge at all, especially in terms of how to, how much and how safely use EO's. I ordered a few books and borrowed a few others at the library. The cheaper books were not very useful. Two books came as the best: The Complete Book of Essential Oils and Aromatherapy by Valerie Worwood and this book. I much prefer this book over the Worwood's because it is better laid out and more easily approachable. The authors present 90 EO's. Some other oils are missing because they are rare, prohibitively expensive (or maybe unsafe). So is the case for Calendula which is presented in a separate section on how to make your own infused oils. I found the reference charts for conditions and the best oils appropriate for them most useful. There are sections about children, skin care, haircare, massages, recipes for cosmetics (deodorant, bath oils, scrubs, mouth wash, colognes...). The authors are very clear in the dosage and ways to use each oil/ blends and are always concerned about safety. The recipes are not extravagant as I have seen in some of the other books. I do not think I have seen blends exceeding 4 EO's. I also appreciated the fact that the information was down to earth. Some of the information I have not found in other books, like what is the difference between a water and a hydrosol (ex: rose). All in all, this is a very thorough, useful piece of work, great for the beginner as well as the more informed.

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