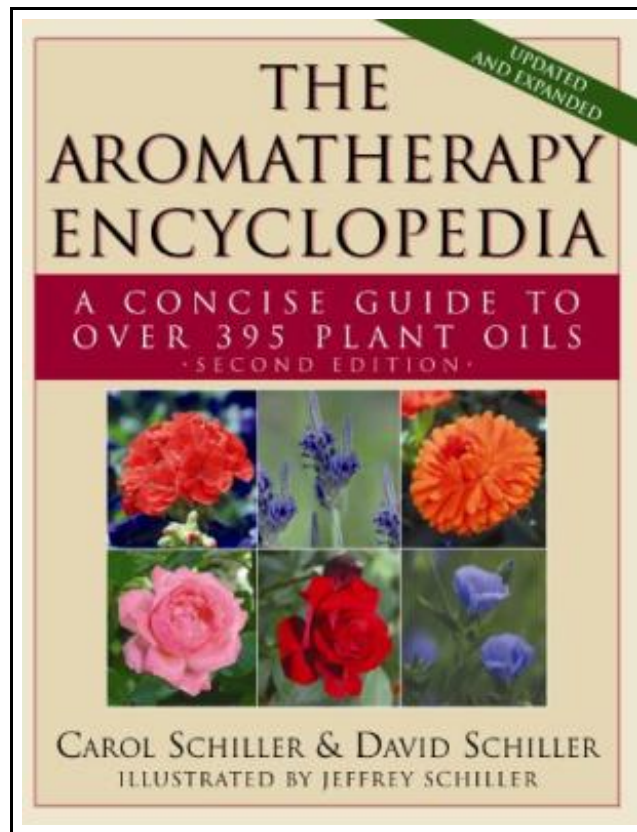


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Reviews

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THE AROMATHERAPY ENCYCLOPEDIA: A CONCISE GUIDE TO OVER 395 PLANT OILS



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Basic Health Publications. Paperback. Book Condition: New. Jeffrey Schiller (illustrator). Paperback. 272 pages. Dimensions: 10.7in. x 8.4in. x 0.7in. The power of essential oils has been recognized for thousands of years. Today, the use of aromatherapy is growing rapidly as greater numbers of people experience the benefits and life-enhancing properties of these precious substances. Aromatic essences can have a direct effect on our health, reduce our stress levels, and enable us to have a better overall outlook on life, as well as improve our relationship with our natural environment. These raw materials are also an important ingredient in perfumes, fragrances, cosmetics, and skin and body care products, and are extensively used for flavoring foods and beverages. Carol Schiller and David Schiller, recognized experts in the field of aromatherapy, have created the most comprehensive reference guide on the market to date. The expanded second edition of **The Aromatherapy Encyclopedia: A Concise Guide to Over 395 Plant Oils** includes information on the proper safety and handling of oils, extraction methods, practical everyday uses, documented properties, and methods of use. Chapters detail ancient historical to present-day uses from around the world for carrier oils, essential oils, CO₂ extracts, absolutes, and infused oils. This guidebook also provides a convenient category listing of oil properties for quick access, and a useful resource of alphabetically arranged botanical names that cross-reference the common name of each oil. The user-friendly format, and authoritative and inviting writing of this book can be of great value as an indispensable learning tool for a novice as well as a vital source of information for researchers, formulators, practitioners, nurses, therapists, industry professionals, wholesalers, and retailers. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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