



## Change Your Mood with Aromatherapy: Teach Yourself (Paperback)

By Denise Whichello Brown

Hodder Stoughton General Division, United Kingdom, 2011. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Is this the right book for me? Using 40 essential oils, and offering step by step guidance, Denise Whichello Brown introduces you to the full benefits of aromatherapy in this practical and clear book. By discovering the basic techniques and principles of each oil, with simple exercises and some straightforward massage routines, you can relieve stress in yourself and those around you, and quickly treat a wide range of common ailments. Change Your Mood with Aromatherapy includes: Chapter 1: The history of aromatherapy Chapter 2: Extracting the oils Chapter 3: Buying, storing, and using your oils Chapter 4: Carrier/base/fixed oils Chapter 5: A-Z of essential oils Chapter 6: Bach flower remedies Chapter 7: Aromamassage Chapter 8: Healthy eating Chapter 9: Circulation Chapter 10: Digestion Chapter 11: Muscles and joints Chapter 12: Skin and hair Chapter 13: Women's problems Chapter 14: Pregnancy, childbirth, babies and children Chapter 15: Sensual aromatherapy for couples Chapter 16: Where to go from here Learn effortlessly with new easy-to-read page design and added features: Not got much time? One, five and ten-minute introductions to key principles to get you started. Author insights Lots of instant help with common problems and quick tips for success, based on...



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