



## The Aromatherapy Encyclopedia A Concise Guide to over 385 Plant Oils

By David Schiller

Basic Health Publications. Paperback. Book Condition: New. Jeffrey Schiller (illustrator). Paperback. 240 pages. Dimensions: 10.8in. x 8.4in. x 0.6in. 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 drinks. Carol Schiller and David Schiller, recognized experts in the field of aromatherapy, have created the most comprehensive reference guide on the market up-to-date. The Aromatherapy Encyclopedia: A Concise Guide to Over 385 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, absolute oils, and infused oils. This guidebook also provides a convenient category...



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