



Aromatherapy: A Lifetime Guide to Healing with Essential Oils

Valerie Gennari Cooksley

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Science has now confirmed what has been known since the time of the Caesars: essential oils have healing properties for a wide variety of physical and emotional conditions. In fact, essential oils have been considered among the most therapeutic and rejuvenating of all botanical extracts.

This step-by-step guide demystifies the herbal healing art, and provides all the tools and techniques necessary to prepare and use the curative power of essential oils to relieve illness and restore youth and vitality -- without the use of drugs or other invasive health treatments. Chapters cover how to buy and make essential oils; how to use them to attain ultimate calm and relaxation; soothing, proven treatments for more than 100 health conditions; dozens of special blends and recipes developed by the author for a variety of ills; true case studies of healing success; plus a complete reference to the more than 100 aromatics and blends and their healing abilities.

Once considered a questionable "alternative" healer, aromatherapy is only now hitting its peak as a mainstream natural healer. This book takes the mystery out of this healing art and offers users and practitioners an everything-you-need-to-know education in using healing oils safely and effectively.

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