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If you liked Modern Essentials, you'll love this essential oils favorite: The Complete Book of Essential Oils and Aromatherapy, Revised and Expanded is a necessary resource for anyone interested in alternative approaches to healing and lifestyle. This new edition contains more than 800 easy-to-follow recipes for essential oil treatments from Valerie Ann Worwood, a consultant and expert on the clinical uses of essential oils internationally.

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"The Complete Book of Essential Oils & Aromatherapy" is very informative and interesting. The author begins with a history of essential oils and their uses. She explains why some oils are more expensive than others, how the oils are extracted from the plants, and how the body gets rid of them.

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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 ...

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Most basic needs can be covered with just ten essential oils. The Complete Book of Essential Oils & Aromatherapy includes complete charts of all essential oils and their uses, a resource guide, and directions for massage.

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“ The Complete Book of Essential Oils and Aromatherapy, Revised and Expanded: Over 800 Natural, Nontoxic, and Fragrant Recipes to Create Health, Beauty, and Safe Home and Work Environments ” is the revised and expanded version of the book with the similar name but with 600 recipes.

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Essential oils are one of the world's great untapped resources. This complete volume explains how to incorporate these ancient medicines of the earth into everyday life for personal care, physical and mental health, and a safe home environment.

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studying Shakespeare, brushing up on your crossword and Sudoku skills, or simply looking for a deeper understanding of the world, this book is for you.

The New York Times Guide to Essential Knowledge: A Desk ...
Book Overview A necessary resource for anyone interested in alternative approaches to healing, this book contains more than 600 easy-to-follow recipes for essential oil treatments and aromatherapy.

The Complete Book of Essential Oils and... by Valerie Ann ...
Most basic needs can be covered with just ten essential oils. The Complete Book of Essential Oils & Aromatherapy includes complete charts of all essential oils and their uses, a resource guide, and directions for massage. Valerie Ann Worwood is an aromatherapist, a reflexologist, a member of the London and counties society of Physiologists, and as Chairman of Research is an active member of the International Federation of Aromatherapists.

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