

Access Free Aromatherapy For  
Healing The Spirit Restoring  
Emotional And Mental Balance

*Aromatherapy For  
Healing The Spirit  
Restoring Emotional  
And Mental Balance  
With Essential Oils*

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Healing The Spirit Restoring  
Emotional And Mental Balance  
With Essential Oils

You will love this fresh  
approach to understanding  
your soul's gifts through  
connecting to your natural  
spiritual abilities. Tapping  
into the conscious  
awareness of your spiritual

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power and the individual energy that governs your life, you have the opportunity to identify and realize your full potential. The gift of aromatherapy is the ability to draw on the

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essential oils of life to  
reinforce the process of  
emotional release and  
spiritual enlightenment. Your  
method might be religion,  
western medicine,  
psychology, Traditional

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Chinese Medicine,  
alternative approaches, or  
energy healing. The life force  
energy of the essential oils  
provides a powerful means  
for carrying smell to the  
emotional brain and

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frequency to the energy  
healing centers of the body,  
creating a synergy with all  
healing modalities, such that  
the result is optimized with  
far reaching results.

Essential oils facilitate the

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journey toward heightened  
intuition by opening the  
channels to the unconscious  
mind and bringing about  
conscious awareness-  
activating your intuition  
helps you to feel better

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about yourself. Once you  
have correlated your  
emotions with energy center  
imbalances, the essential oil  
frequencies transmute  
negative energy while  
opening opportunities for



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harmony and balance. Part 1 of this book deepens your knowledge of the power of aromatherapy, details how to tune into your soul consciousness, and provides answers to balancing your

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chakras with essential oils.

Part 2 provides a series of  
techniques using inhalation  
and topical application of  
essential oils for supporting  
spiritual and emotional  
empowerment.

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The seasons of the year  
parallel the symbolic  
seasons of life, with spring  
representing the childhood  
years of hope and seeing the  
world with new eyes;  
summer the young-adult

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years of growth and  
engagement; autumn the  
years of mid-life reflection,  
healing, and forgiveness;  
and winter the late-life years  
of rest, restoration, and  
rejuvenation. Daily

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Aromatherapy introduces readers to the transformative qualities of nature's aromas for each of these seasons. Each month of the year profiles and explores the psychological

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and subtle energy aspects of  
four different essential  
oils—one per week. Forty-  
eight different oils are  
profiled in this way. Readers  
experience each oil and its  
powers in depth through

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Healing The Spirit Restoring  
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seven different intention  
exercises: an affirmation,  
emotional self-discovery  
questions, a ceremony, a  
blessing, an activity, a  
visualization, and a prayer.  
While aromatherapy is a

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holistic modality, affecting  
the body, mind, and spirit,  
the focus of Daily  
Aromatherapy is on mind  
and spirit. While not  
explicitly including the  
physical applications of



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essential oils for treating  
conditions like colds, flu, or  
muscle strain, this appealing  
book shows how physical  
health is greatly enhanced  
by the psychological and  
spiritual well-being that

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comes from understanding  
and using these gifts of  
nature.

Discover the wisdom of a  
4,000-year old sacred oil  
tradition, shared for the first  
time in written form! Sacred

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oils are part of a mysterious  
and ancient art that dates  
back thousands of years.  
Their knowledge is passed  
from master to master - only  
a handful of people alive  
hold this knowledge. Among

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With Essential Oils

them is Felicity Warner, a  
healer and myrrhophore. In  
this book, Felicity guides you  
through a healing journey  
with 20 of the world's most  
treasured oils, including  
Elemi, Holy Basil, Palo Santo

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and Spikenard. Detailing their history dating back to Egypt and Babylon, she explains how to: mix, dilute, blend and store the oils perform sacred rituals of anointment attune to the

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frequency of each oil  
through meditation, and by  
using mandalas as a  
pathway to deeper  
consciousness use the oils to  
cleanse auras and heal the  
soul, for prophecy and to

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access past-life information.  
Aromatherapy is a holistic  
healing treatment that uses  
natural herb extracts to  
promote health and well-  
being. Sometimes it is called  
oil therapy. Aromatherapy

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uses aromatic essential oils medicinally to improve the health of the body, brain, and spirit. It also improves both physical and psychological health.

Aromatherapy is regarded as



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both a skill and a science.  
Lately, aromatherapy has  
gained more recognition in  
the areas of science and  
medicine. How long has  
aromatherapy been with us?  
Humans have used

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aromatherapy for several years. Old cultures in China, India, Egypt, and other parts of the world included aromatic plant components in resins, balms, and oils. These natural substances

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were used for medical and spiritual purposes. These were known to have both physical and mental benefits. Essential oils distillation is credited to the Persians in the 10th century,

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although practice might  
have been in use for a long  
time before this period.  
Information about oil  
distillation was released in  
the 16th century in  
Germany. French doctors in

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the 19th century  
acknowledged the potential  
of essential oils in treating  
disease. Doctors became  
competent in the 19th  
century and focused on  
using chemical drugs.

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However, the French and German doctors still recognized the role of natural botanicals in curing illnesses. - The word "aromatherapy" was coined by a French perfumer and

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chemist René-Maurice Gattefossé in a book he wrote on this topic which was published in 1937. He previously discovered the healing potential of lavender in treating burns. This book

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discusses the use of  
essential oils in treating  
medical conditions.

Essential Oils for Emotional  
Wellbeing

The Use of Scent for Healing  
Body, Mind, and Spirit



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Emotional And Mental Balance  
Healing the Spirit and Body  
with Aromatherapy &  
Essential Oils  
Transforming the Seasons of  
Your Life with Essential Oils  
The Healing Art of Essential  
Oils

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Emotional And Mental Balance  
With Essential Oils

The Complete Book of  
Essential Oils and

Aromatherapy, Revised and  
Expanded

An Illustrated Guide to Plant  
Spirit Medicine

**Heal from the Inside Out**

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**with the Power of  
Essential Oils Throughout  
the ages, essential oils  
have been used to address  
a wide variety of mental,  
emotional, and spiritual  
needs. Bring this ancient**

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Emotional And Mental Balance  
With Essential Oils  
**knowledge into your modern  
life with Essential Oils  
for Emotional Wellbeing.  
Featuring more than 400  
step-by-step recipes, this  
comprehensive guide makes  
it easy for you to take**

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Emotional And Mental Balance  
With Essential Oils  
**control of your wellness  
and spiritual journey.**

**These recipes come in many  
forms, including: Bath and  
Shower Bombs Bath Salts  
Lotions Ointments Diffuser  
Scents Powders Rubs Salves**

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Emotional And Mental Balance  
Sprays Lip Balms Massage  
Oils Inhalants

It's simple  
to find the recipes you  
need with this book's well-  
organized categories based  
on conditions, emotions,  
needs, desires, and

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**devotion. Learn about  
therapeutic properties,  
warnings, storage, and  
using essential oils for  
specific issues. With  
Vannoy Gentles Fite's  
guidance, you'll be able**

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**to use these gifts from  
the earth to benefit every  
aspect of your life.  
Completely updated, the  
best book on the topic  
available anywhere has  
just gotten better! A**



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**necessary resource for  
anyone interested in  
alternative approaches to  
healing and lifestyle,  
this new edition contains  
more than 800 easy-to-  
follow recipes for**

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Healing The Spirit Restoring  
Emotional And Mental Balance  
essential oil treatments.

No one has provided more  
thorough and accurate  
guidance to the home  
practitioner or  
professional  
aromatherapist than

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**Valerie Ann Worwood. In her clear and positive voice, Worwood provides tools to address a huge variety of health issues, including specific advice for children, women, men,**

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and seniors. Other  
sections cover self-  
defense against microbes  
and contaminants,  
emotional challenges, care  
for the home and  
workplace, and

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**applications for athletes,  
dancers, travelers, cooks,  
gardeners, and animal  
lovers. Worwood also  
offers us her expertise in  
the use of essential oils  
in beauty and spa**

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**treatments, plus profiles  
of 125 essential oils, 37  
carrier oils, and more.  
Since the publication of  
the first edition of this  
book 25 years ago, the  
positive impact of**

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**essential oil use has  
become increasingly  
recognized, as scientific  
researchers throughout the  
world have explored  
essential oils and their  
constituents for their**

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Emotional And Mental Balance  
**unique properties and  
uses.**  
With Essential Oils

**Presents an easily applied  
approach to the art of  
using the fragrances of  
flowers, plants, & herbs  
for problems of a mental,**



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**emotional, & spiritual  
nature. Lavishly**

**illustrated with over 80  
full color reproductions  
of artwork & photos, this  
authoritative & practical  
guide builds on the well**

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**established link between  
fragrance & mood to reveal  
how to alleviate stress,  
anxiety, depression, & a  
wide variety of other  
ailments through the  
natural healing power of**

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Emotional And Mental Balance  
With Essential Oils

**essential oils. Applies  
the traditional  
psychological wisdom of  
Oriental medicine to  
modern aromatherapy.  
Shows how fragrance is  
used in modern spiritual**

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Emotional And Mental Balance  
practices and describes  
ways to use aroma in

healing prayer and  
meditation

How to Blend, Diffuse,  
Create Remedies, and Use  
in Everyday Life

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Emotional And Mental Balance  
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**The Magic Of Aromatherapy  
Aromatherapy And Essential  
Oils For Healing  
Connecting God's Word to  
Natural Healing  
Aromatherapy for the Soul  
Working with the Chakras,**

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With Essential Oils

**Divine Archetypes, and the  
Five Great Elements**

**Restoring Emotional and  
Mental Balance with  
Essential Oils**

*All over the world, people are  
turning toward homeopathic and*

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Emotional And Mental Balance

***alternative medicines. Essential  
Oils for Healing is an easy-to-use  
guide for anyone who wants to  
learn how to use essential oils to  
heal a multitude of ills. Ailments are  
listed in alphabetical order and are  
accompanied by hundreds of  
recipes you can re-create at home***

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***using the essential oils at your disposal. Tips on safe handling and usage, contraindications, and storage ensure that even the most novice of essential oils user can get the healing benefits from our planet's natural resources. Did you know that a few drops of lavender***



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***oil can be added to your kids' shampoo to protect them from head lice? Or that a drop of clove oil mixed with orange oil can relieve a mind-numbing toothache? Common, everyday problems such as nausea, dry skin, and insect bites to more serious issues like***

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***migraines and arthritis are included along with all-natural remedies that are simple and accessible.***

***Written for both lay readers and practitioners, Awaken to Healing Fragrance is divided into three parts structured around the past, present, and future of***

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***aromatherapy. The book begins with profiles of prominent female historical figures—from Cleopatra to Elizabeth I—known to have used essential oils for mind, body, and spiritual health. Part two explains the value of aromatherapy today: modern methods for using essential***

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***oils—from relaxation practices like  
massage and facials to treating  
common conditions like PMS,  
stress, and a sore throat—and  
describes how and why they work.  
Also featured are case studies,  
research on anti-infectious qualities  
of the oils, and a section on***

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***psychoneuroimmunology that  
shows how essential oils can help  
restore the mind-body-spirit  
connection and create balance.  
Awaken to Healing Fragrance  
concludes by exploring the future  
of essential oil therapy and how it  
can be integrated into traditional***

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***medical systems. Jones discusses energetic medicine, creating aromatic gardens, and establishing integrative medicine clinics where doctors trained in Western medicine would collaborate with alternative therapists such as acupuncturists, nutritionists, and***

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***aromatherapists to bring a new  
consciousness and sense of well-  
being to healthcare.***

***Heal your body, mind, and spirit  
using the power of essential oils.***

***Are you seeking a natural and  
holistic way to improve your  
mental, emotional, and physical***

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With Essential Oils

***well-being? And did you know that our sense of smell has the power to trigger and increase memory, change our mood, and boost our immune system? In Holistic Aromatherapy you will find the foundations for harnessing this power and self-healing with***



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Emotional And Mental Balance

***essential oils, including the  
additional benefits of practical  
applications based on Chinese  
Medicine. Discover the healing  
connection between aromatherapy  
and Chinese Medicine, and learn  
about key essential  
oils—peppermint, lavender, rose,***

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***eucalyptus, and many more—and  
their unique personalities and  
applications. Find out how to apply  
essential oils on acupressure  
points for enhanced benefits and  
make an essential bath oil, scrub,  
spray, or steam inhalation, as well  
as simple massage techniques and***

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With Essential Oils

***compresses for pain relief. Whether you need relief from a common cold, have a digestive concern, or suffer from back and neck pain, or if you are looking to improve your memory or seeking relaxation and a calm mind, enter the scent-filled world of Holistic Aromatherapy for***

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Emotional And Mental Balance  
*overall self-care and rejuvenation.*

*“An aromatherapy book that is such  
a pleasure to read . . . Contains  
such simple and delightful ideas”  
from the author of Natural  
BabyCare (The Herb Companion  
Magazine). Discover the fragrant  
world of essential oils. Herbalist*

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***Colleen K. Dodt profiles the healing and cleaning powers of dozens of oils extracted from herbs, flowers, roots, barks, and resins. This comprehensive guide includes recipes for natural cleaning products, lotions, and ointments that will keep you feeling happy and***

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***smelling great. Fill your days with stimulating scents as you learn to use essential oils to wash your dishes, soothe sunburns, combat stress, and improve the quality of your life. "This book contains practical, holistic, and safety-oriented advice and recipes for the***

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Emotional And Mental Balance

***beginner.” —AromaWeb***

***Essential Oils in Practice***

***A Guide to 50 Oils for Remedy,***

***Ritual, and Everyday Use***

***Over 600 Natural, Non-Toxic and***

***Fragrant Recipes to Create Health***

***Beauty a Safe Home Environment***

***A Healing Grove***

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Emotional And Mental Balance  
***A Self-Care Guide to Enhance Your  
Health and Lift Your Spirit--Includes  
24 Common Conditions***

***Remedies To Restore Mind, Body,  
And Spirit: Young Living Essential  
Oils***

***The Essential Oils Book***

**Shares recipes for bath**



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With Essential Oils

**preparations designed to reduce  
stress, promote sleep, alleviate  
hangovers, and improve one's  
health**

**From the base scents of hormones  
that arouse animal instincts to the  
ritual fragrances of temple**

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**incenses to the aroma of  
Grandma's kitchen, the world is  
alive with smells. With this book,  
readers can learn to create their  
own blends of essential oils for  
therapeutic applications for  
massage, pain relief, mental**

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**clarity, prosperity, love, and more.  
Illustrations.**

**Fragrances possess a unique  
ability to evoke emotions,  
memories, and visions. Since the  
dawn of time spiritual traditions  
as diverse as Judaism,**

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**Christianity, Islam, Shinto, and  
Buddhism have used fragrances to  
enhance the experience of the  
Divine. With Aromatherapy for  
the Soul, world-renowned  
aromatherapist Valerie Ann  
Worwood has created a**

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**comprehensive guide to the use of  
essential oils and aromas to  
enhance spiritual practice.**

**Originally published as The  
Fragrant Heavens, this  
groundbreaking book draws  
equally upon the pioneering**

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**research of eminent scientists and  
the insights of leading spiritual  
teachers. Extensive charts and  
exercises demonstrate how to use  
fragrance in healing, prayer, and  
meditation and in conjunction  
with vibrational and energetic**

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**healing. This extraordinary guide covers more than seventy essential oils and will help you call upon the divine power of fragrance to enrich your spiritual journey. A classic, practical guide to the history, science, and art of**

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**aromatherapy, updated  
throughout with recent research  
and developments • Details more  
than 70 essential oils classified by  
botanical family, with discussions  
of their specific actions and  
energetic and spiritual properties**



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- **Provides specific formulas for common disorders such as digestive and circulatory ailments, headaches, insomnia, and menstrual and sexual problems** ●
- **Explains techniques for using plant essences for beautifying,**

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**cleansing, and healing and  
addresses the controversy  
surrounding some methods of  
application Updated throughout  
with recent research and the latest  
developments in the use of  
essential oils, this 30th-**

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**anniversary edition of Marcel  
Lavabre's classic Aromatherapy  
Workbook provides the most  
comprehensive practical guide to  
the history, folklore, science, and  
art of aromatherapy available  
today. Examining the origins and**

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**applications of aromatics, from  
the mythical Queen of Sheba to  
René-Maurice Gatefossé, the  
author traces the medical,  
alchemical, and spiritual  
development of this healing art  
from classical civilizations up to**

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**the present. He explains the  
mysteries of the olfactory system  
and how this most ancient sensory  
system affects our moods, our  
emotions, and our sexuality.  
Illustrating the biochemistry of  
essential oils and how they work**

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**on the physical, energetic,  
emotional, mental, and spiritual  
levels, he explores more than 70  
essential oils classified by  
botanical family, with detailed  
discussions of their specific  
actions. He shows how to use**

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**appropriate plant essences for  
beautifying, cleansing, and healing  
the body, as well as in massage,  
aromatic baths, ritual, and  
spiritual practice. He also  
addresses the controversy  
surrounding different methods of**

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**administration and explores in  
depth the risks, benefits, and  
safety guidelines for each  
technique. Addressing the  
fundamental issues of purity and  
quality, the author discusses the  
various methods of extraction in**



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**detail and includes a special  
section devoted to the art of  
blending. He offers specific  
formulas for common disorders  
such as digestive and circulatory  
ailments, headaches, insomnia,  
and menstrual and sexual**

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**problems. Lavabre also includes  
extensive reference tables to  
provide the reader with concise  
information on each essential oil  
and its therapeutic uses. This  
revised edition offers a perfect  
step-by-step guide for beginners**

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With Essential Oils  
**as well as an ongoing reference for  
practicing aromatherapists.**

**Aromatherapy for Personality,  
Mind, Mood and Emotion  
The Essential Guide to  
Aromatherapy and Vibrational  
Healing**

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**Healing Oils of the Bible**

**Spiritual Blessings, Ceremonies  
and Affirmations**

**Essential Oils and Aromatherapy  
Workbook**

**Over 800 Natural, Nontoxic, and  
Fragrant Recipes to Create**

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Healing The Spirit Restoring  
Emotional And Mental Balance  
**Health, Beauty, and Safe Home  
and Work Environments**

**Aromatherapy**

Exploring the practical  
uses, spiritual  
traditions, and  
historical aspects of

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Emotional And Mental Balance  
With Essential Oils

trees in the heritage of African Americans, this therapeutic guide offers ways to rediscover and implement natural practices in 21st-century daily life. As

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diverse as a sacred  
wood, topics covered  
include everything from  
hunting, gathering, and  
processing to natural  
divination, animal  
omens, oracles, signs,

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and forest medicine for  
wellness and beauty.

This instructional  
meditation teaches  
African, Caribbean, and  
African American  
traditions, symbols,



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rituals, ceremonies, and  
healing techniques for  
better health, beauty,  
and quality of life.

Here is the missing link  
in Essential Oil  
literature, the first

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modern work written by  
the man who coined the  
word 'Aromatherapy.' In  
July 1910 René- Maurice  
Gattefossé discovered  
the healing properties  
of lavender oil after

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severely burning his hands in a laboratory explosion. This led him into a lifetime of research into Essential Oils. His remarkable book was first published

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in 1937 and has been out  
of print for many years.

Now translated, it has  
been edited by Robert  
Tisserand, author of  
three books on  
aromatherapy (including

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the best-seller, *The Art  
of Aromatherapy*),

editorial adviser of the  
Journal of Alternative  
and Complementary  
Medicine and editor of  
The International

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Journal of Aromatherapy.

The book is a  
fascinating blend of  
ancient and modern  
knowledge and  
aromatherapists will  
find it an essential

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tool of reference.

Extensive notes are provided by Robert Tisserand at the back of the book. Chapters include those on human smells and animal

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smells, toxicity, the  
properties of essential  
oils and their  
constituents, the  
treatment of many  
diseases, and over fifty  
case studies from



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Emotional And Mental Balance  
doctors.

Using essential oils to  
influence your energetic  
make-up and karmic  
patterns • Details how  
to identify which  
tattvas--the Five Great

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Elements--are dominant  
in your energetic make-  
up • Explores the  
energetic signatures of  
the essential oils  
associated with each  
tattva and chakra,

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including their  
archetypes, sacred  
geometry, sacred sounds,  
and colors • Explains  
how to identify your  
personal vibrational  
signature, purify your

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With Essential Oils

energy body, impart  
vibrational properties  
to jewelry, and work  
with yantras and mantras  
The tattvas, the Five  
Great Elements--earth,  
water, fire, air/wind,

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and ether/space--create  
and sustain not only the  
universe but also all of  
its inhabitants. Each of  
us has a unique  
combination of these  
elemental energies

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behind our personal characteristics--everything from the color of our eyes to our behaviors and emotional temperament. What tattvas are dominant in

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your make-up can also be influenced by your surroundings and by karma. Essential oils, in addition to working biologically and chemically, also work at

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the energetic level,  
making them ideal for  
working with the  
tattvas. Teaching you  
how to use essential  
oils to affect the very  
fabric of your being,



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Candice Covington  
details how the Tattvas  
Method of essential oils  
allow you to access the  
deepest, most hidden  
aspects of Self, those  
beyond the reach of the

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mind, the very energetic  
causation patterns that  
set all behaviors and  
thoughts into motion.  
She reveals how the  
tattvas are the energy  
that animate each chakra

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and how we can use their archetypal energy to shape our inner life and align with our greater soul purpose. The author provides energetic profiles of each tattva,

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chakra, and essential oil, explains their relationships to one another, and details how to identify what tattva or chakra is dominant at any given time.

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Exploring the energetic  
signatures of the  
tattvic essential oils,  
she details their  
elemental make-up,  
animal and deity  
archetypes, sacred

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geometry symbols, sacred  
syllables, and colors.

She reveals how to  
discover the energy  
patterns responsible for  
directing unhealthy life  
patterns and explains

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how to identify your  
personal vibrational  
signature, purify your  
energy body, and craft  
your own unique ritual  
practice with essential  
oils. Showing how

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essential oils are  
powerful vibrational  
tools for effecting  
change, the author  
reveals how they allow  
each of us to  
deliberately steer our



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own destiny, fulfill our  
personal dharma, and be  
all that our souls  
intended us to be.

Use the healing energy  
of plants through the  
remedies, rituals, and

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inner life of the  
natural world. Legends,  
shamanistic principles,  
and imagery old and new  
reveal the significance  
of plant spirits, and  
how to interpret their

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message. Related techniques such as chakras and meditation, along with charts and sidebars, guide practical work with spirit bundles,

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smudging, aromatherapy,  
infusions, tisanes, and  
homeopathic  
preparations. A plant  
encyclopedia includes  
over 100 revered  
species.

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Emotional And Mental Balance  
Working with 20 Precious  
Oils to Heal Spirit and

Soul

Essential Oils for

Healing

Aromatherapy for Healing  
the Spirit

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Emotional And Mental Balance  
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Aromatherapy and Subtle  
Energy Techniques

Clinical Aromatherapy -  
E-Book

Healing Bath Recipes for  
the Body, Spirit, and  
Soul

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Revealing the Essence of  
Nature through  
Aromatherapy and  
Essential Oils

Discover the Most Effective Essential Oils  
and Remedies for Healing, Emotional  
Support, Aromatherapy & Self-Care

# Access Free Aromatherapy For Healing The Spirit Restoring Emotional And Mental Balance With Essential Oils

Recognized throughout history for their spiritual power, healing effects, and pleasing aromas, essential oils are must-have tools on the journey to wellness in mind, body, and spirit. Filled with tips, techniques, and hundreds of recipes, Llewellyn's Complete Book of Essential Oils shares the most important and up-to-



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date information about essential oils, including extraction methods, blending, perfume notes, medicinal remedies, personal care products, aromatherapy, spiritual and magical uses, chakras, feng shui, and much, much more. Detailed profiles for 68 essential oils, including:  
Amyris • Angelica • Basil • Bay Laurel

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With Essential Oils

- Cajeput • Caraway Seed • Cypress
- Elemi • Eucalyptus • Fir Needle •
- Frankincense • Geranium • Ginger •
- Hyssop • Juniper Berry • Lavender •
- Lime • Mandarin • Marjoram •
- Myrrh • Niaouli • Orange •
- Palmarosa • Patchouli • Peppermint •
- Petitgrain • Rose • Rosemary • Sage

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- Sandalwood • Spearmint • Tea Tree
- Thyme • Vetiver • Ylang-Ylang

Descriptions of 12 carrier oils and 2

infused oils: Almond • Apricot •

Avocado • Borage • Calendula •

Coconut • Evening Primrose •

Hazelnut • Jojoba • Olive • Rosehip

Seed • Sesame • St. John's Wort •

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Sunflower Remedies for 75 common ailments, including: Acne • Arthritis • Athlete's Foot • Blisters • Bronchitis • Bruises • Chapped Skin • Colds • Corns • Dermatitis • Eczema • Fever • Flu • Hay Fever • Headaches • Inflammation • Insomnia • Jet Lag • Migraines • Muscle Aches • Nausea •

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Psoriasis • Sinus Infection • Sprains •  
Stress • Tendonitis Recipes for 100  
personal and home care products,  
including: Birthday Perfume Blends •  
Bath Bombs • Bath Oils & Salts • Facial  
& Hand Scrubs • Hair Conditioner •  
Massage Oils • Moisturizers • Scented  
Candles • Shower Melts • Toners &

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Astringents • Aromatherapy Room  
Spray • Carpet Powder • Fridge  
Freshener • Furniture Polish • Glass  
Cleaner • Microwave Cleaner • Mold  
Inhibitor • Natural Pest Control •  
Surface Cleaners

Written by two of the leading voices in  
aromatherapy, Amy Galper and Jade

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Shutes, The Ultimate Guide to Aromatherapy is a progressive, comprehensive approach to using aromatherapy and essential oils for healing and wellness. Essentials oils have been used across all world cultures for thousands of years. While the popularity of aromatherapy has endured, the methods

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and applications of the craft have evolved.

The Ultimate Guide to Aromatherapy is the modern practitioner's guide to working with aromatherapy and essential oils.

Using techniques developed over decades of teaching, you will learn the science of aromatherapy and how essentials oils interact with our sense of smell, brain



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pathways, and skin. The guide also includes over 50 plant profiles, plus recipes and blends for health and beauty.

Included are remedies for digestive health, immunity, women's health concerns, and more, such as Hand & Body Wash for Flu Recovery, Self-Love Botanical Perfume, and Tummy Massage Oil for Indigestion.

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Drawing on the authors' unique methodology and expertise as aromatherapists, herbalists, and healers, you will learn the art of blending formulations with great skill and discernment. The Ultimate Guide to... series offers comprehensive beginner 's guides to discovering a range of mind,

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body, spirit topics, including tarot, divination, crystal grids, numerology, witchcraft, chakras, and more. Filled with beautiful illustrations and designed to give easy access to the information you 're looking for, each of these references provides simple-to-follow expert guidance as you learn and master your practice.

# Access Free Aromatherapy For Healing The Spirit Restoring Emotional And Mental Balance With Essential Oils

This aromatherapy guide synthesizes Eastern and Western approaches to restoring emotional and mental health by using the healing properties of 40 essential oils. 159 illustrations, 77 in color.

Use essential oils with confidence and make aromatherapy an indispensable part of your self-care routine. Science now

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supports what practitioners have long known: that oils derived from plants have powerful therapeutic properties, working holistically on mind, body, and spirit. This carefully curated collection of blends, remedies, and practices shows you how to blend essential oils to care for and heal yourself, follow step-by-step massage

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routines, and combine aromatherapy with yoga, meditation, and breathwork to deliver maximum benefit to you. This is your essential aromatherapy toolkit for wellness in the modern world.

More Than 400 Aromatherapy Recipes  
for Mind, Emotions & Spirit  
Sacred Oils

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The Fragrant Heavens  
Aromatherapy Anointing Oils

The Fragrant Mind

The Healing Spirit of Plants

Medical Aromatherapy

"Highly recommended to anyone  
that has an interest in  
aromatherapy and the energetic

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Emotional And Mental Balance  
and vibrational aspects of essential  
oils."—Kelly Holland Azzaro, Past  
President of the National  
Association for Holistic  
Aromatherapy "An excellent  
resource...Kac's work is thorough,  
easy to understand, and gives you



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the depth to want to delve into  
using oils on a regular basis."—Ann  
Boroch, CNC, award-winning  
author of *The Candida Cure*  
Includes more than 100 recipes for  
everyday use Explore a new world  
of aromatic awakening, physical

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healing, and natural delight. The Healing Art of Essential Oils is a comprehensive guide to fifty carefully selected oils, providing a master class in uses, blending, history, and spiritual benefits. Learn how to use oils for physical and

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emotional healing. Prepare oils for relaxation, stress relief, and treating ailments. You'll find all kinds of uses, such as what oils work best in love spells and how to create rituals with oils. Enjoyed for their spiritual and beneficial properties by

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cultures around the world for thousands of years, the essential oils presented here will help you achieve holistic wellness and personal enrichment. Praise: "In this well-researched book, Kac Young leads the reader through the

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history of essential oils and their use in daily life, beautifully bringing together ancient wisdom with modern thought."—Kavitha Chinnaiyan, MD, director of Advanced Cardiac Imaging Education at Beaumont Hospital

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This distinguished organic chemist shares his in depth knowledge of the particular current value of essential oils, for health on all levels. In an era when Western allopathic medicine has less and less appeal, this self-care method is

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a potent alternative, with roots going back to ancient times. Dr. Schaubelt has a gift for presenting facts and information in a way that is intriguing and easy to assimilate. In the flood of "coffee table" aromatherapy books currently

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available, this is a much needed and welcome source for those truly interested in taking responsibility for their own health.

This book presents a wonderful introduction for beginners in Aromatherapy, as well as a quick



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reference guide for experienced  
practioners. The book offers  
knowledge of 332 herbal aromatic  
recipes, to help you balance your  
physical, mental and spiritual life.  
Frankincense and Myrrh--more  
than symbolic gifts to baby Christ.

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Considered cure-alls by Biblical people. Healing by prayer and anointment with oils as practiced by Jesus' disciples and early Christians is made practical for us today in this book. Based on both science and scripture.

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Emotional And Mental Balance  
Llewellyn's Complete Book of  
Essential Oils

Daily Aromatherapy  
Essential Oils of the Bible  
Healing the Spirit with Fragrance  
and Essential Oils  
The Spiritual Dimension of

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Emotional And Mental Balance  
Fragrance and Aromatherapy  
With Essential Oils

The Power of Essential Oil Therapy

An Illustrated guide to blending  
essential oils and crafting remedies  
for body, mind, and spirit

*In a therapeutic blend  
bringing together Chinese*

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*Medicine, reflexology, and  
craniosacral therapy,  
massage therapist Deborah  
Eidson shows how essential  
oils and Bach Flower  
Remedies can be used to  
identify and free up*

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With Essential Oils

*emotional blockages which  
may be causing health  
problems. Eidson explains  
that all chakras have a  
location associated with  
organs, as well as a  
sound, color, and element.*

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*Giving a good massage can  
involve stimulating  
meridians and meridian  
points, finding the  
location of blocked  
energy, and then working  
with oils to affect*

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*change. Eidson writes in  
an unabashedly spiritual  
context, using her  
intuitive energetic  
abilities to help clients  
open to their own  
development and spiritual*



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*path. In a thorough  
listing of essential oils,  
Eidson describes each in  
terms of its use in life  
transformations, relevant  
growth and healing issues,  
the oil's energetic*

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*influences on blockages  
and distortions, relevant  
organs, and the botanical  
origin of the plant. Her  
trust in plants to reveal  
the nature and problems of  
a person amounts to a*

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*fascinating statement on  
the nature of the  
relationship between  
plants and people, as well  
as an important healing  
text.*

*The Fragrant Mind is*

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*written in an easy,  
accessible style for  
anyone who wishes to learn  
how essential oils can  
influence our minds and  
emotions and how to use  
aromatherapy to maintain a*

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With Essential Oils  
*peaceful equilibrium or  
bring about positive  
change. Valerie Worwood's  
The Complete Book of  
Essential Oils and  
Aromatherapy (over 200,000  
copies sold) has become*

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*the encyclopedia of  
essential oils and  
aromatherapy, earning  
itself the status of a  
popular household and  
reference classic. In this  
companion volume, Worwood*

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*concentrates on the  
emotional, psychological,  
and mood-changing effects  
of nature's oils.*

*Enhance patient care with  
the help of aromatherapy!  
Clinical Aromatherapy:*

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Healing The Spirit Restoring  
Emotional And Mental Balance

*Essential Oils in  
Healthcare is the first  
and only peer-reviewed  
clinical aromatherapy book  
in the world and features  
a foreword by Dr. Oz. Each  
chapter is written by a*



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*PhD nurse with post-  
doctoral training in  
research and then peer  
reviewed by named experts  
in their field. This  
clinical text is the must-  
have resource for learning*

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*how to effectively  
incorporate aromatherapy  
into clinical practice.  
This new third edition  
takes a holistic approach  
as it examines key facts  
and topical issues in*

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Emotional And Mental Balance  
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*aromatherapy practice and  
applies them within a  
variety of contexts and  
conditions. This edition  
also features updated  
information on  
aromatherapy treatments,*

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*aromatherapy  
organizations, essential  
oil providers, and more to  
ensure you are fully  
equipped to provide  
patients with the best  
complementary therapy*

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*available. Expert peer-  
reviewed information spans  
the entire book. All  
chapters have been written  
by a PhD nurse with post-  
doctoral training in  
research and then peer*

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With Essential Oils  
*reviewed by named experts  
in their field.*

*Introduction to the  
principles and practice of  
aromatherapy covers  
contraindications,  
toxicity, safe*

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Healing The Spirit Restoring  
Emotional And Mental Balance  
*applications, and more.*

*Descriptions of real-world  
applications illustrate  
how aromatherapy works in  
various clinical  
specialties. Coverage of  
aromatherapy in*

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Emotional And Mental Balance  
With Essential Oils

*psychiatric nursing  
provides important  
information on depression,  
psychosis, bipolar,  
compulsive addictive,  
addiction and withdrawal.  
In-depth clinical section*



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*deals with the management  
of common problems, such  
as infection and pain,  
that may frequently be  
encountered on the job.  
Examples of specific oils  
in specific treatments*

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Emotional And Mental Balance  
With Essential Oils

*helps readers directly  
apply book content to  
everyday practice.*

*Evidence-based content  
draws from thousands of  
references. NEW! First and  
only totally peer-*

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Emotional And Mental Balance  
With Essential Oils

*reviewed, evidence-based,  
clinical aromatherapy book  
in the world. NEW Chapter  
on integrative Healthcare  
documenting how clinical  
aromatherapy has been  
integrated into hospitals*

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Emotional And Mental Balance  
and healthcare in USA, UK  
With Essential Oils

*and elsewhere. NEW Chapter  
on the M Technique: the  
highly successful method  
of gentle structured touch  
pioneered by Jane Buckle  
that is used in hospitals*

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Healing The Spirit Restoring  
Emotional And Mental Balance  
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*worldwide. All chapters  
updated with substantial  
additional references and  
tables.*

*A compendium of essential  
oils and their spiritual  
significance. It is a*

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Healing The Spirit Restoring  
Emotional And Mental Balance

*guide to making your own  
blends, complete with  
recipes. Anointing is  
simply defined as applying  
oils to the body.  
Anointing oils from a  
variety of plant sources*

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*has been used for  
centuries for purposes of  
protection, healing,  
devotion or recognition.  
Whatever the purpose,  
anointing is a powerful,  
affirming act of faith and*

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Healing The Spirit Restoring  
Emotional And Mental Balance  
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*trust. This book discusses  
all aspects of anointing  
and shows how it can  
facilitate physical,  
psychological and  
spiritual changes. Topics  
include carrier oils,*



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Healing The Spirit Restoring  
Emotional And Mental Balance

*creating sacred space,  
celebrations and*

*occasions, and recipes.*

*Healing with Essential  
Oils*

*Creating Personal Blends  
for Mind & Body*

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Emotional And Mental Balance

*The Complete Book of  
Essential Oils and  
Aromatherapy  
Essential Oils in  
Spiritual Practice  
Holistic Aromatherapy  
Harness the Power of*

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Healing The Spirit Restoring  
Emotional And Mental Balance  
*Essential Oils to Relax,  
Restore, and Revitalise  
Vibrational Healing*

Although the use of essential oils to help physical, mental and emotional problems has been thoroughly investigated and described over the

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past few decades, this is the first  
book devoted solely to their use on a  
subtle or spiritual level. Written by  
the author of the best-selling  
aromatherapy book of all time,  
Aromatherapy An A-Z, it examines  
the applications of aromatherapy in

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personal and spiritual growth,  
meditation and healing. Topics  
covered include Vibrational Healing,  
The Role of the Healer, Methods of  
Use, Chakra Energy, Essential Oils  
and Crystals, Meditation etc., etc.,  
with detailed notes on the subtle

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properties of the individual oils.

Discover the healing power of essential oils paired with ancient acupressure techniques in this engaging guide to whole-body care Merina Ty-Kisera, an experienced healer and Five Element

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acupuncturist, introduces readers to her Aroma Acupressure method for selfcare—applying the healing properties of essential oils to pressure points that cue energetic changes to balance the body and mind. This guide empowers readers

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to reclaim their health with tips, routines, and strategies that support everything from relieving chronic tension, to coping with digestive ailments to treating cold and flu symptoms. Readers will rediscover an integrated sense of health and



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well-being.  
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It can be difficult to find the time and means by which we can reinforce our values and practice the principles of our faith. One way of connecting to our spiritual selves or a higher power is through an essential

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oils practice, by making their soothing and sanctifying properties a part of daily routine. In Biblical times, essential oils were used for everything from holy ceremonies to everyday needs. Today, we can harness the all-natural power of

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essential oils to calm, purify, and  
heal our bodies and homes. Essential  
Oils of the Bible is written at the  
intersection of science and  
spirituality, allowing the benefits of  
both to infuse your spiritual essential  
oils practice. In Essential Oils of the

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Bible, you will find: Profiles of 30  
essential oils of the Bible, each  
beautifully illustrated and featuring a  
verse in which it's mentioned Oil  
profiles that specify medicinal  
properties and uses, precautions, and  
complementary or substitute oils 75

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common needs for essential oils-  
from flu and muscle pain to kitchen  
care-and 150 simple remedies and  
recipesA handy list of oils in  
Scripture, noting book, chapter, and  
verse for each As practical as it is  
informative, Essential Oils of the

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Bible will shed new light on the essential oils that God manifested for natural health and wellness.

Writing for lay people and professionals alike, the cofounders of a system of energy healing that incorporates aromatherapy lay out

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simple, safe, and effective methods  
for combining these two therapies.

They provide new information about  
the properties of familiar essential  
oils, reveal never-before-published  
properties of less common essential  
oils, and show readers how to use

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aromatherapy and subtle energy  
With Essential Oils

techniques together to restore a sense  
of well-being and balance.

Subtle Aromatherapy

Over 400 All-Natural Recipes for  
Everyday Ailments

Compassionate Healing with



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Emotional And Mental Balance  
Essential Oils

Awaken to Healing Fragrance

Spiritual and Emotional

Empowerment with Essential Oils

Gattefosse's Aromatherapy

A Guide to Restoring Emotional and

Mental Balance Through Essential

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Oils  
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*For thousands of years, aromatherapy and essential oils have been used to promote health and well-being. If you want to learn the many benefits and uses of aromatherapy oils, how to use essential oils for hair, using essential*

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*oils on skin, various essential oil  
blends for your diffuser, and perfume  
recipes using essential oils..., this  
book is for you. Within this  
informative guidebook, you will find a  
wealth of information about 100  
recommended aromatherapy oils,*

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*including 101 techniques for using  
them with care and confidence. This  
is the only comprehensive guidebook  
that shares all you ever wanted to  
know about aromatherapy -- from  
starting with proper engagement, to  
sticking systematically to the program,*

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*and up to responsibly using and  
diffusing your own essential goodness  
just as your essential botanical  
soulmates do in constant  
effectiveness...to heal and help others!  
Improve your life and enhance your  
healing practice with The Essential*

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*Guide to Aromatherapy and  
Vibrational Healing, an A-to-Z guide  
to sixty essential oils and their  
corresponding vibrational elements.  
Renowned author Margaret Ann  
Lembo shows you how to achieve  
physical, spiritual, and emotional*

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*balance using a variety of vibrational  
tools, including: Flower Essences  
Gemstone Essences Chakras Divine  
Messengers Zodiac Signs Planets  
Colors Numbers Animals Holy Water  
Discover how different oils can be  
combined with the power of intention*

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*to create and maintain positive  
change in your life. Learn how aroma-  
energetic practices support your  
journey to self-awareness and well-  
being. Outlining detailed information  
on all sixty essential oils—from  
therapeutic properties and fragrances*



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With Essential Oils

*to complementary essences and interesting tidbits—this comprehensive book provides everything you need to heal, transform, and evolve on every level. Praise: "[This] is absolutely the best book I've read on the topic. It's all here—and more."—Cyndi Dale,*

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*author of The Complete Book of  
Chakra Healing "An off-the-charts,  
must-have resource to have in your  
home. With such clean style and  
grace, she reviews the history, the  
mystical, and all practical applications  
of essential oils...AMAZING!"—Joan*

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*Ranquet, author of Energy Healing  
for Animals*

*This encyclopedic book contains, in  
practical and easy-to-understand  
form, every conceivable use for  
essential oils and aromatherapy in  
everyday life. The author, a practicing*

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*aromatherapist for more than twenty years, unlocks the power of essential oils in more than 600 original recipes, most needing only a few essential oils. Unlike over-the-counter products, the recipes you make yourself contain no harmful preservatives. Most basic*

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*needs can be covered with just ten  
essential oils.*

*The Magick of Aromatherapy*

*Practical self-healing with essential  
oils*

*Acupressure with Essential Oils*

*The Ultimate Guide to Aromatherapy*

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Emotional And Mental Balance  
*Water Magic*  
With Essential Oils