

The Fragrant Mind Aromatherapy For Personality Mind Mood And Emotion

“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 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 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 beginner.” —AromaWeb

Here is a complete guide to aromatherapy, a modern healing technique with ancient origins. Essential Aromatherapy organizes essential oils into alphabetical listings, providing their profiles, applications, and the physical and emotional conditions that warrant their use. Also included are detailed treatments for a variety of ailments and special circumstances.

Comprehensive and fully illustrated throughout, The Complete Essential Oils Sourcebook is the perfect go-to reference for absolutely everything about essential oils—from the best extraction methods to the most effective treatments for ailments.

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

Aromatherapy for Horses

Gattefosse's Aromatherapy

Healing the Spirit with Fragrance and Essential Oils

Over 800 Natural, Nontoxic, and Fragrant Recipes to Create Health, Beauty, and Safe Home and Work Environments

The Complete Guide to the Use of Oils in Aromatherapy and Herbalism

Fragrant Foods for Body, Mind and Spirit

More Than 300 Natural, Nontoxic, and Fragrant Essential Oil Blends

The centuries-old practice of aromatherapy invokes the healing powers of the natural essences that exist in plants and flowers. In recent years, it has enjoyed a popular resurgence. Aromatherapy has entered our lives through the use of essential oil diffusers, scented candles, and cosmetic soaps, to name but a few. This book brings the benefits of aromatherapy into another area of our daily living—the kitchen! By integrating the use of plants and flowers in our everyday cooking, we can benefit from the same essential oils and their therapeutic effects found in the more traditional applications of aromatherapy. In addition, you will discover ways of incorporating herbs and flowers not only into your cooking, but also in the creation of a desired mood for your entire dining experience. Whether you enjoy entertaining on a large scale, or prefer setting the stage for a romantic dinner for two, this book will guide you in creating the perfect ambiance with a little help from the principles of aromatherapy.

Valerie Ann Worwood's The Fragrant Pharmacy has become the classic encyclopaedia of aromatherapy and essential oils. Now, in this companion volume, The Fragrant Mind, she paves a unique new way for aromatherapy, concentrating on the emotional, psychological and mood-changing effects of nature's essential oils. The Fragrant Mind falls into three parts. Part One presents a fascinating background to the subject, and explains how essential oils work on the brain. Part Two explains how essential oils can enhance emotional well-being and promote positive feelings, and includes a practical A-Z section which advises on a wide range of emotional problems, from stress and depression to moodiness and insomnia. Part Three introduces a whole new concept in aromatherapy - personality enhancement - and explains the particular characteristics of individual essential oils and how they can be matched to human personality types. You can find out, for example, whether you are a Floral, Herbie, Rootie, Woodie, Fruitie or Seedie type, and create your own tailor-made personality blends. Encyclopaedic in scope, and based on the most up-to-date research, The Fragrant Mind offers a wealth of information in an easy, accessible style, and shows the way in which essential oils can influence our minds and emotions.

The Fragrant Pharmacy opens the way to a whole world of fresh possibilities. It is a new approach to nature through one of its most powerful forms—those fragrant 'essential oils' drawn from flowers and grasses, trees and roots, leaves and fruit, that remain the great untapped resources of our planet. The Fragrant Pharmacy shows how each essential oil can offer many diverse benefits. One of the most holistic of all systems of medicine, the oils can alleviate symptoms, prevent many illnesses and disorders and help in thier healing process. But more than that, they can provide all of us—our families, our homes, even our pet—with the protection and pleasures we need...without the chemical pollution of our bodies or our environment. This illuminating and imaginative book of aromatherapy is the household manual of the future. It is a treasury of information about precious life-and health-enhancing liquids that work in complex harmony with people and planet alike. Here is a comprehensive encyclopaedia of 'medicines out of the earth', those miracles of creation which revitalise and rejuvenate, enhance our emotions and help our work and play. It charts out for all of us a fragrant way to family health and home delights.

Aromatherapy for the Beauty Therapist is the first detailed book to give professionals, student beauty therapists and aromatherapists information on how to use essential oils and aromatherapy in beauty care and beauty treatments. Covering material which is suitable for students studying for formal qualifications in this area, Aromatherpay for the Beauty Therapist is particularly relevant for Level 3 students studying NVQs and equivalent courses. Listing the skin care properties of essential oils and the beautifying effects associated with them, as well as showing how they can be used in practice, this book is full of practical advice and information on how to maximise the use of essential oils within the salon or clinic. Highly illustrated with photographs and drawings, the book also includes step-by-steps of professional facial treatments.

Plant Aromatics and Their Influence on the Psyche

Awaken to Healing Fragrance

The Complete Book of Essential Oils and Aromatherapy, Revised and Expanded

Restoring Emotional and Mental Balance with Essential Oils

The Complete Book of Essential Oils and Aromatherapy

Portraits in Oils

Oils of Nature

A guide to the most commonly available aromatherapy oils. It gives vital information on plant origins, medical herbalism and the properties and actions of herbs and essential oils. The book covers 165 oils, their actions, characteristics, principal constituents and folk traditions, as well as safety data, and aromatherapy and home use.

Enhance patient care with the help of aromatherapy! Clinical Aromatherapy: 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 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 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 aromatherapy practice and applies them within a variety of contexts and conditions. This edition also features updated information on aromatherapy treatments, aromatherapy organizations, essential oil providers, and more to ensure you are fully equipped to provide patients with the best complementary therapy 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 reviewed by named experts in their field. Introduction to the principles and practice of aromatherapy covers contraindications, toxicity, safe applications, and more. Descriptions of real-world applications illustrate how aromatherapy works in various clinical specialties. Coverage of aromatherapy in psychiatric nursing provides important information on depression, psychosis, bipolar, compulsive addictive, addiction and withdrawal. In-depth clinical section 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 helps readers directly apply book content to everyday practice. Evidence-based content draws from thousands of references. NEW! First and only totally peer-reviewed, evidence-based, clinical aromatherapy book in the world. NEW Chapter on integrative Healthcare documenting how clinical aromatherapy has been integrated into hospitals and healthcare in USA, UK 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 worldwide. All chapters updated with substantial additional references and tables.

LET FRAGRANT SENSUALITY CREATE A MORE CONFIDENT AND HAPPIER YOU The secrets of aroma have been used throughout time for love and seduction. New modern science is discovering what lovers and the sensually aware have always known--that smell is a powerful sense, and that aromas affect our emotions and our memories, our well-being and even our destinies. Fragrant Sensuality uncovers these secrets for you, revealing how the potent and pure essential oils of nature can put more zest into your day, or enrich a romantic evening. HERE EXPERT AROMA THERAPIST, VALERIE ANN WORWOOD, REVEALS -The art of the aromatic massage. Through easy-to-follow illustrations you will learn the techniques that offer both relaxation and excitation to you and your partner. -How to attract your sexual partner. Using nature's romantic oils to create just the right ambience, discover the aphrodisiac effect of nature's essential oils. -Beautiful gifts to make and enjoy--and tempting food and wine recipes to enhance every romantic occasion. Full of practical advice, Fragrant Sensuality is the essential guide to help you discover your true aromantic self--vital, happy and in control of love and life!

Written for both lay readers and practitioners, Awaken to Healing Fragrance is divided into three parts structured around the past, present, and future of 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 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 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 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 aromatherapists to bring a new consciousness and sense of well-being to healthcare.

Fragrant Sensuality

Essential Oils

Aromatherapy and Essential Oils for Romance, Love, & Sex

Subtle Aromatherapy

Aromatherapy for Healing the Spirit

The Complete Essential Oils Sourcebook: A Practical Approach to the Use of Essential Oils for Health and Well-Being

Essential Oils in Practice

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

This guide offers a fascinating exploration into the realm of fragrance. It clearly explains the psychological and emotional effects of essential oils showing how they can be used to:

Provides formulas and recipes for dreams, visualizations, introspection, and other mental and emotional uses in forms ranging from candles and creams to mist sprays and baths

Essential oils were used globally as a folk medicine for the treatment of a number of diseases because of the high content of natural compounds. Therefore, this book looks at research topics dealing with isolation, purification, and identification of active ingredients of essential oils from plants. This knowledge will provide significant information about essential oils to researchers and others interested in the field.

A Pocket Guide to Essential Oils and Aromatherapy

Over 600 Natural, Non-Toxic and Fragrant Recipes to Create Health Beauty a Safe Home Environment

The Fragrant Heavens

Healing with Essential Oils

The Spiritual Dimension of Fragrance and Aromatherapy

Aromatherapy for the Healthy Child

Examines the latest scientific research on the effects of aroma on the mind and explores the uses of aromatic oils in preventing depression, stress, and insomnia and improving well-being

Completely updated, the best book on the topic available anywhere has just gotten better! 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. No one has provided more thorough and accurate guidance to the home practitioner or professional aromatherapist than 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, and seniors. Other sections cover self-defense against microbes and contaminants, emotional challenges, care for the home and workplace, and 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 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 essential oil use has become increasingly recognized, as scientific researchers throughout the world have explored essential oils and their constituents for their unique properties and uses.

Shows how fragrance is used in modern spiritual practices and describes ways to use aroma in healing prayer and meditation

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

Aromatherapy for Mind & Body

Scents & Scentuality

Aromatherapy for the Beauty Therapist

The Aromatherapy Garden

All-natural remedies and recipes for your mind, body and home

The Power of Essential Oil Therapy

Aromatherapy for Your Child

Whether it's the tang of ozone in the air just before a rainstorm, the homey smell of freshly baked bread, or the inspiring scent of roses, natural aromas are everywhere with us, influencing our moods, and informing our perceptions. But natural aromas are capable of much more. Science is just beginning to reveal how aromas affect our bodies as well as our spirits, and what once seemed far-fetched—that you can treat many common ailments with nothing more than a pleasing smell—is now being taken seriously by many in the medical community. Yes, you can smell your way to good health, and now Aromatherapy For Dummies shows you how. This down-to-earth guide takes the mystery out of essential oils and other aromatherapy tools, and shows you how pleasing scents can cure what ails you and enhance your life at home and at work. Among other things, you'll discover how to: Safely and easily treat hundreds of common ailments Increase focus and concentration Relieve tension and relax Improve athletic performance Enhance romance Sniff out the right essential oils Create fragrant essences in your kitchen Under the expert guidance of one of America's leading botanical experts, you'll bring the wonders of aromatherapy into your own life. Kathy Keville provides clear, concise, scientifically informed explanations of how plant essences can support body, mind, and spirit. She offers common sense advice on everything from therapeutics and cosmetics to the recreational uses of essential oils. And she supplies: Easy-to-follow instructions on how to select genuine aromatherapy products Symptom Guide—simple and easy remedies for 60 common conditions, listed alphabetically by symptom Aroma Guide—an A-to-Z guide of fragrant plants used in aromatherapy More than a hundred recipes for everything from oily skin to indigestion that you can whip up at home in five minutes The world is full of natural fragrances that can help you feel better, work smarter, play harder, and relax. It's time to get well with the healing power of smell, and now Aromatherapy For Dummies shows you how.

Described as one of the most holistic systems of medicine, essential oils can alleviate symptoms, prevent many illnesses and disorders, and help in the healing process.

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

"Kathi guides you to all the joys of an aromatic garden with wonderful tips, fascinating facts, and sumptuous photos." —Mandy Afel, acclaimed natural perfumer and author of Essence and Alchemy and Fragrant The Aromatherapy Garden explains how fragrant plants can be as therapeutic as they are intoxicating, and how easy it is to add this captivating element to gardens large and small. It reveals the scents, secrets, and science behind fragrant plants, and how to optimize the full benefits of fragrance. Hone your powers of concentration with lemon verbena. Beat the blues with wintersweet. And use rose geranium to relieve anxiety and stress. Revealed here are the scents, secrets, and science behind plant aromatherapy, and how to optimize its full benefits. Detailed plant profiles will help you create a beautiful source of restorative aromas, oils, sachets, teas, and more. The nose knows—and with Keville’s expertise, now you too can create your own sanctuary of health and happiness

Transforming the Seasons of Your Life with Essential Oils

Aromatherapy in the Kitchen

Aromatherapy for the Soul

Essential Aromatherapy

The Personality of Aromatherapy Oils and Their Link with Human Temperaments

The Essential Oils Book

65+ Essential Oils for a Healthy Mind and Body

Aromatherapy taps the healing potential of Earth's ancient medicines, the essential oils that give plants their scent. Powerful yet safe, aromatherapy is a sound way to treat everything from diaper rash to asthma to self-esteem troubles in children. Many complaints such as aches and coughs that might otherwise have to wait for a visit to the doctor can be addressed immediately at home using the healing power of nature.This book will appeal to every parent who thinks proactively about their children's long-term physical and mental health. Valerie Ann Worwood offers an array of scientifically proven remedies, along with complete charts of essential oils and instructions for aromatherapeutic massage. Other chapters describe how aromatherapy can benefit seriously ill children when used in conjunction with Western medicine.

For thousands of years fragrance has been used, across many varied cultures, for altering mental and emotional states, and as part of spiritual practice. This book explores the impact of fragrance on the psyche from biological, anthropological, perfumery and aromatherapy viewpoints. Beginning with an exploration of our olfactory system and a discussion of the language of odour, the book examines the ways in which fragrance can influence our perceptions and experiences. It introduces us to a broad range of fragrance types – woody, resinous, spicy, herbaceous, agrestic, floral and citrus, as well as the attars that form part of Unani Tibb medicine. Traditional and contemporary uses and the mood-enhancing properties of fragrance types are presented. The book then provides an overview of the theoretical and philosophical frameworks that have been used to analyse how and why we choose fragrance. Finally readers are given guidance on how to cultivate their olfactory palate, which reveals a new dimension in the use of fragrance to enhance wellbeing. This book offers a wealth of knowledge on plant aromatics and the powerful influence of fragrance on wellbeing. It will be of particular interest to aromatherapists, perfumers, psychotherapists, ethnobotanists and anthropologists.

Fragrances and aromas have been used throughout time for love and seduction. Now modern science is discovering what lovers and the sunsually aware have always known -- that smell is a powerful stimulant that affects our emotions and our memories, our well-being, and even our destinies.

"Scents and Sexuality" explores this little-known realm, showing how the potent and pure essential oils of nature can heighten the pleasure of daily life or enrich a romantic evening.

The Fragrant MindAromatherapy for Personality, Mind, Mood and EmotionNew World Library

A Home and Health Care Guide to Aromatherapy and Essential Oils

Sacred Luxuries

Aromatherapy and the Mind

The Ultimate Guide to Aromatherapy

A Complete Guide to Aromatherapy & Essential Oils

Fragrance, Aromatherapy, and Cosmetics in Ancient Egypt

Aromatherapy for Personality, Mind, Mood and Emotion

An instructional reference guide to essential oils and aromatherapy from the experts at Neal's Yard Remedies, a trusted source for natural, nontoxic health and beauty products. Learn how to harness the healing powers of essential oils for treating maladies and improving mental and physical well-being so you feel great in every way. Use homeopathic alternatives to treat everyday health and wellness concerns, including: Acne PMS Insomnia Indigestion Soothing inflammation Rebalancing energy Enhancing focus Releasing stress Whether you live an all-natural lifestyle or you are just beginning to use alternative methods to eliminate synthetic chemicals from your everyday products, Essential Oils is packed with authoritative information to answer your questions. This visual guide features comprehensive profiles of 88 essential oils, stunning full-color photographs, and helpful guidance for using, blending, and storing. Understand what essential oils are, where they come from, and how they benefit the body. Choose from 33 focused recipes to rejuvenate your total person. Learn classic remedies for the most common emotional and physical conditions. An illustrated A-to-Z reference section helps identify the most useful oils, plus shares tips on application methods and massage techniques. Up-to-date safety recommendations help you learn how to use them for maximum benefit. Essential Oils can help you improve your overall well-being and start you on the path to a more natural you.

Here is the missing link in Essential Oil literature, the first 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 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 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 the best-seller, The Art of Aromatherapy), editorial adviser of the Journal of Alternative and Complementary Medicine and editor of The International Journal of Aromatherapy. The book is a fascinating blend of ancient and modern knowledge and aromatherapists will find it an essential tool of reference. Extensive notes are provided by Robert Tisserand at the back of the book. Chapters include those on human smells and animal smells, toxicity, the properties of essential oils and their constituents, the treatment of many diseases, and over fifty case studies from doctors.

"At last a clear and systematic distillation of useful information about a truly comprehensive spectrum of essential oils and absolutes." --John Steele, American Aromatherapy Association The definitive AZ reference guide to essential aromatherapy oils. Aromatherapy expert Julia Lawless shares her extensive knowledge in this detailed and systematic survey of more than 190 essential aromatherapy oils. From commonly used oils such as lavender, frankincense, ylang ylang, and tea tree oils to the more obscure oils including deertounge, oakmoss, cananga, and angelica, The Encyclopedia of Essential Oils offers a wide variety of uses and cures for everything from wrinkles to kidney stones. The Encyclopedia of Essential Oils gives detailed information on the most commonly available and widely used flower oils and aromatics including: The exact origins, synonyms, and related plants Methods of extraction the herbal/folk tradition for each plant the uses of each plant aromatherapy applications home and commercial uses This easy-to-use volume lets you access essential information in a variety of ways with a Therapeutic Index, a Botanical Index, and Botanical Classifications, plus safety information.

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 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 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 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 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 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 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 comes from understanding and using these gifts of nature.

The Illustrated Encyclopedia of Essential Oils

The Encyclopedia of Essential Oils

Daily Aromatherapy

Medical Aromatherapy

Fragrance and Wellbeing

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

Aromatherapy For Dummies

A teach yourself guide to aromatherapy for horses, this handbook covers how to select aromatherapy oils and how to apply them. It addresses behavioural and skin problems, and oils for travelling, as well as first aid.

The Fragrant Mind is 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 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 the encyclopedia of essential oils and aromatherapy, earning itself the status of a popular household and reference classic. In this companion volume, Worwood concentrates on the emotional, psychological, and mood-changing effects of nature's oils.

The origins of the art of fragrance are traced back to ancient Egypt in this ground-breaking analysis of perfumes, aromatherapy, and cosmetics employed in the pharaoh's court.

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.

The Complete Guide to the Use of Aromatic Oils In Aromatherapy, Herbalism, Health, and Well Being

Aromatherapy for Personality, Mind, Mood, and Emotion

Creating Personal Blends for Mind & Body

A Beginner's Guide to Essential Oils

The Fragrant Pharmacy

The Fragrant Mind

Clinical Aromatherapy - E-Book

A clear-cut guide to understanding the curative power of plant essences, A Beginner's Guide to Essential Oils teaches you how to use essential oils safely and concoct your own therapeutic blends. Essential oils give us the ability to take our health into our own hands, supplying natural, easy ways to address a wide range of issues from the mental to the physical. There's a lot of information to explore, and those unfamiliar with essential oils may feel overwhelmed. A Beginner's Guide to Essential Oils is the perfect introduction to the curative properties of essential oils, from lavender and lemongrass to sweet orange and sandalwood. The 70 most helpful oils are divided into categories based on their scent, ranging from herbaceous to citrus, floral to spicy. And the profiles in A Beginner's Guide to Essential Oils provide the benefits, origin, effective application methods, and safety precautions of each oil. A Beginner's Guide to Essential Oils encourages readers to incorporate their favorite oils into daily life, learning to make their own blends and discovering natural solutions to boost skin and hair health, alleviate anxiety and depression, support digestion, and treat inflammation. Succinct, useful, and easy-to-digest, A Beginner's Guide to Essential Oils can help anyone tap into the natural world and cultivate an intuition for healing.

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 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 needs can be covered with just ten essential oils.

Covering over 100 common childhood ailments, this book looks at which oils are suitable for which age range and covers every aspect of aromatherapy for children, including the importance of bonding through touch. Valerie Ann Worwood also includes useful recipes for your bathroom cabinet, including antiseptic skin spray, antiseptic fungal powder, herbal healing infused oils, chest decongestant ointment, baby oil, baby powder and other natural ointment and salves.

Here is a shortened English-language edition of Philippe Mailhebiau's monumental La Nouvelle Aromathérapie: caractérologie des essences et tempéraments humains The keystone of this book is in the 24 monographs of major essential oils, presenting each oil as an individual entity with detailed and precise characteristics. An understanding of the personality profile of an essential oil makes it possible to relate its olfactory affinities to the Individual. From a therapeutic point of view this approach opens the door to personalized treatments that go beyond the scope of symptomatic Aromatherapy; combining efficient physicochemical action with a decisive psychosensory effect.

Growing Fragrant Plants for Happiness and Well-Being