



Authentic Aromatherapy: Essential Oils and Blends for Health, Beauty, and Home

By Sharon Falsetto

Skyhorse Publishing. Hardback. Book Condition: new. BRAND NEW, Authentic Aromatherapy: Essential Oils and Blends for Health, Beauty, and Home, Sharon Falsetto, Essential oils are becoming increasingly popular, but how do you identify quality oils from the myriad of inferior ones to choose from? And what can you actually do with these little vials of oils? In fact, there are countless things you can use them for-things that will improve your life and home-and it's so easy! Sharon Falsetto features forty essential oils and recommends which ones you can use to improve specific ailments, ways they can benefit women, babies, and children, how to utilize them in the home and seasonally, and how to use them when you are traveling. She also provides information on bases for different essential oil uses and lists cautions and tips. This complete handbook is a great tool for anyone just starting to use essential oils as a holistic approach or those who have been using them for a long time, and includes chapters on: * The history of scents * Essential oils vs. fragrance oils * Organic and non-organic essential oils * Hydrosols, resins, absolutes, and carrier oils * Extraction of essential oils and home...



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Reviews

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- Prof. Dan Windler MD

It is really an amazing publication i actually have at any time read. It is really simplistic but unexpected situations inside the 50 percent of your pdf. Its been written in an exceptionally simple way in fact it is just right after i finished reading this ebook where actually transformed me, alter the way i really believe.

-- Dr. Celestino Spinka III