

Aromatherapy: Essential Oils And Healing By Debra Helton

By Debra Helton

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Aromatherapy Overview. What is aromatherapy? Aromatherapy is the use of essential oils from plants for healing. Although the word aroma makes it sound as if the

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Debra Helton dedicated her life to study and research health related topics. She became a published author to share her knowledge in books and to help people enjoy

Essential oils (also known as volatile oils) are the basic materials of aromatherapy. National Center for Complementary and Integrative Health (NCCIH)

Essential oils are also called essences because they are plant extracts or they are the essences of certain plants but it does not necessarily mean that these oils

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