

The Complete Aromatherapy And Essential Oils Handbook For Everyday Wellness By Nerys Purchon;Lora Cantele

By Nerys Purchon;Lora Cantele

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Aromatherapy is a method of employing essential oils to protect, heal and beautify. Essential oils are described as the "life force" or "essence" of plants.

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Nerys Purchon, Lora Cantele The Complete Aromatherapy and Essential Oils Handbook for Everyday Wellness Publisher: Robert Rose (September 2, 2014)

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Essential oils are volatile and liquid aroma compounds from natural sources, usually plants. Essential oils are not oils in a strict sense, but often share with oils

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Aromatherapy is the use of essential oils for a range of benefits. This book serves as a complete guide to essential oils, for a range of different benefits.

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