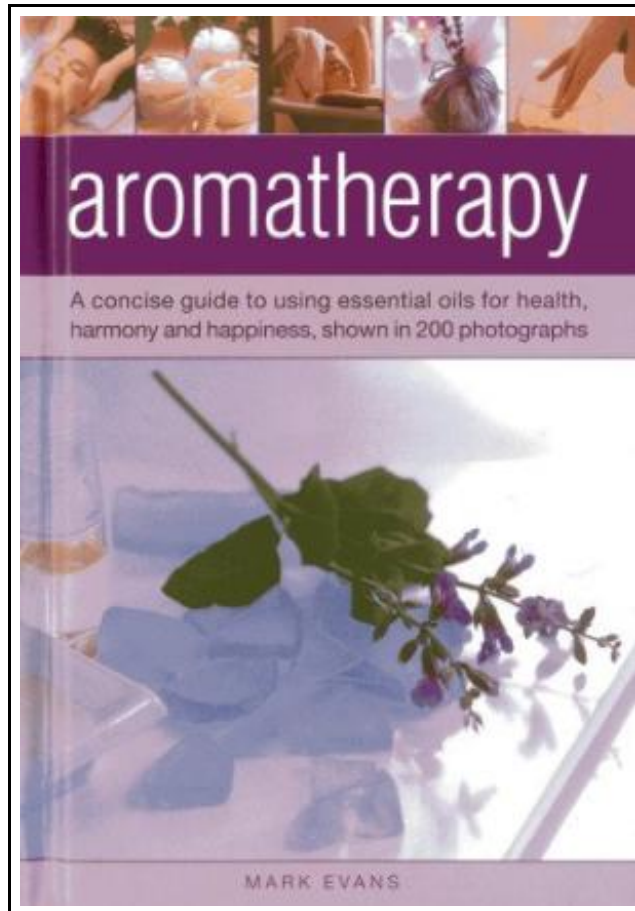


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(Janie Wilkinson)

AROMATHERAPY: A CONCISE GUIDE TO USING ESSENTIAL OILS FOR HEALTH, HARMONY AND HAPPINESS, SHOWN IN 200 PHOTOGRAPHS



Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Aromatherapy: a Concise Guide to Using Essential Oils for Health, Harmony and Happiness, Shown in 200 Photographs, Mark Evans, This is a concise guide to using essential oils for health, harmony and happiness, shown in 200 photographs. It explains the properties of many versatile essential oils, and advises on how to choose and blend them. It describes how to use oils to enhance your well-being: peppermint for an instant pick-me-up, sandalwood for a sensual massage, lavender for relaxation. It includes instant treatments and remedies for pain relief. It offers clear step-by-step massage techniques that show you how to apply the oils to ease tension, restore energy, and promote a healthy mind and body. People have been using scented products for thousands of years in massage, in the bath and for scenting the hair and body. Essential oils contain unique properties that can be used to relax, sedate, refresh or stimulate. This book guides you through the different types of essential oil, with detailed information on preparing, storing and blending them. It offers step-by-step techniques for all kinds of massage, and treatments for problems such as backache, muscle ache, headache, menstrual pain, digestive problems and travel sickness. With de-stressers, sleep-inducers and relaxers, as well as hair care, foot care, hand care and skin care, this handy guide to aromatherapy has all you need.



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