

Essential Oils and Aromatherapy: How to Use Essential Oils for Beauty, Health, and Spirituality is written in a personable and easy to understand style and covers all of the important aspects of aromatherapy and essential oils. Reads like a conversation instead of a text book. Authored by a professional aromatherapist, it includes the history of aromatherapy, how to use the oils, the chemistry of essential oils, how to create a balanced blend, how essential oils are made, the carrier oils used in blends, scent notes, a few questionable aspects of the industry, recipes to get you started, and a complete encyclopedia of the top fifty-five oils. The essential oil guide (encyclopedia) covers fifty-five of the most-used essential oils with detailed information about each oil including: botanical name, aromatic profile, origin, perfumery note, extraction method, description of the essential oil, safety warnings, and each oils uses and benefits for the mind, the body, and the spirit. Added bonus rarely found in essential oils books: step by step directions showing how a professional aromatherapist creates a blend for a client based on their ailments, symptoms, medical history, emotions, and personal preferences. Sample Case Study included. CONTENTS: Aromatherapy – A Brief History (from cavemen to current day) How Aromatherapy is Applied (diffusion, inhalation, topical, pulse points) How Essential Oils Work (how essential oils enter and react with the body) How Essential Oils Are Made (distillation, expression, enfleurage, solvent extracted, infusing oils) Essential Oil Yield – How Much is Actually In That Little Bottle (calculation of crop yields for production of essential oil – the strength of essential oils) Understanding Notes – Top, Middle, and Base (how notes are defined and which essential oils fall under each category) Carrier Oils (13 common carrier oils and their unique benefits) Creating Essential Oil Blends (creating aesthetic and therapeutic blends – aromatherapist case study example) Safety Guidelines – Using Essential Oils Safely (dosage information and oils to avoid) The Chemical Constituents of Essential Oils (the naturally occurring components present in essential oils) Ingesting Essential Oils – The Big Debate (both sides of the story) – Therapeutic Grade – Essential Oils – What Does it Mean? (a critical look at a much talked about marketing term) Questionable Therapies – The Use of Undiluted Essential Oils on the Skin (the overuse of essential oils directly on the skin) Certified Aromatherapist (what does it really mean to be an aromatherapist and who recognizes it) The Essential Oil Medicine Cabinet (the top five essential oils to begin your aromatherapy journey and why) Using Essential Oils to Scent the Home (ways to scent the home naturally – burners, diffusers, sprays, economical methods) The Aromatherapy Bath (the most popular way to incorporate aromatherapy into your life) Essential Oils and Pets (which pets benefit from / are harmed by essential oils) Recipes (bath oil, antifungal, relaxing, romantic, massage oil, perfume, etc.) Essential Oil Guide – Encyclopedia (a detailed look at the top 55 essential oils and their benefits)

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Essential Oils and Aromatherapy: How to Use Essential Oils for Beauty, Health, and Spirituality by Gregory Lee White. Massage into skin using an upward motion. + Diffuse or inhale a few drops of this spiritual essential oil directly to lift your mood. + Mix a few drops of frankincense essential oil with double the drops of a carrier oil (jojoba is good) to strengthen hair roots.

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