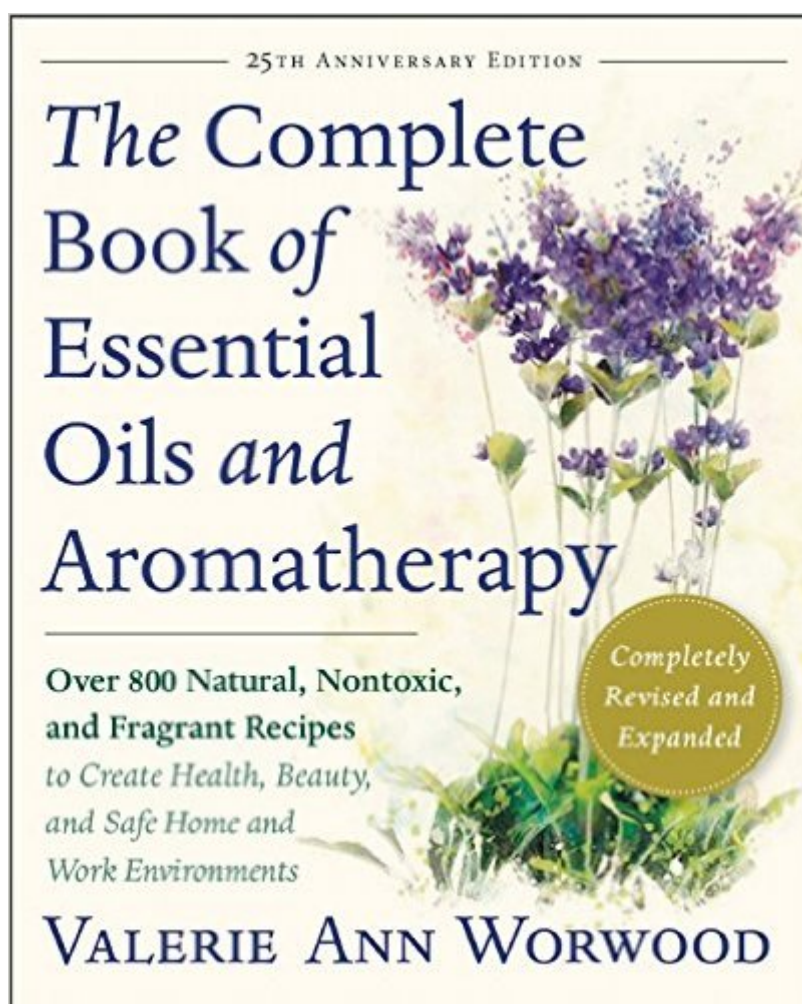


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# The Complete Book Of Essential Oils And Aromatherapy: Over 800 Natural, Nontoxic, And Fragrant Recipes To Create Health, Beauty, And Safe Home And Work Environments





## Synopsis

A necessary resource for anyone interested in alternative approaches to healing and lifestyle, this book contains more than 800 easy-to-follow recipes for essential oil treatments. Now, completely updated, the best book on the topic available anywhere has just gotten better. No one has provided more thorough and accurate guidance to the home practitioner or professional than Valerie Ann Worwood. In her clear and positive voice, Worwood offers readers tools to address a huge variety of health issues, including specific advice for children, women, men, and seniors, as well as self defense against microbes and contaminants, dealing with emotions, care for the home and workplace, and specialist advice for athletes, dancers, travelers, cooks, gardeners, and animal lovers. Worwood offers us her expertise in the use of essential oils in beauty and spa treatments, as well as providing profiles for 125 essential oils, 37 carrier oils, and more. Since the first publication of the book 25 years ago, the positive impact of essential oil use has become increasingly recognized as scientific researchers throughout the world explore essential oils and their constituents for their unique properties and uses.

## Book Information

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