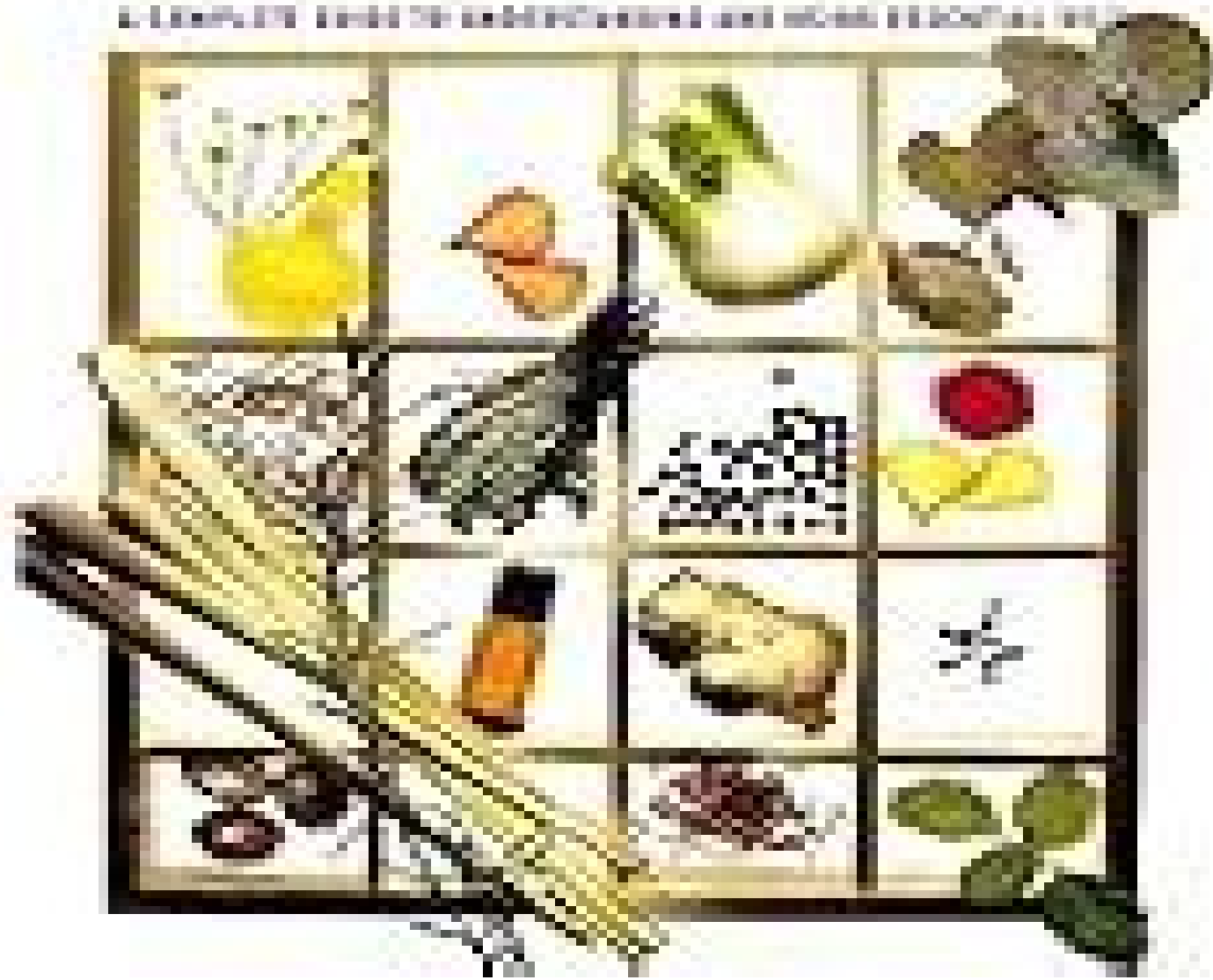


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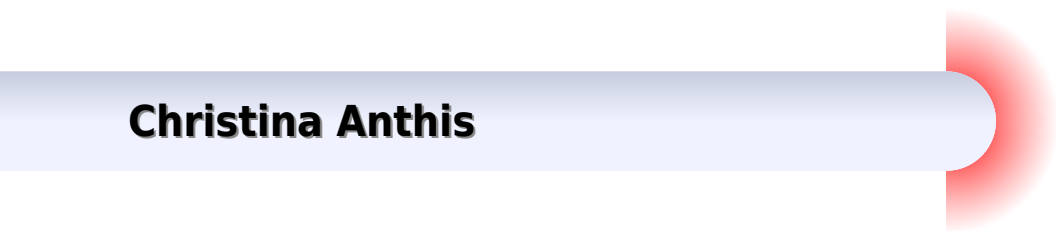
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A COMPLETE GUIDE TO ESSENTIAL OILS AND HOW TO USE THEM



Aromatherapy Workbook A Complete Guide To Understanding And Using Essential Oils

Christina Anthis



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most fascinating sensual and complex of all natural therapies a combination that proves to be so enthralling it eventually develops into a grand passion for many Aromatree Salvatore Battaglia,2019-09-04 Aromatherapy is one of the most popular forms of natural therapies available to us What makes essential oils so exciting is that they are the only plant based remedies that work on all levels of our wellbeing our physical emotional mental and spiritual wellbeing As an aromatherapy educator I often notice how frustrated people become when they have to learn the individual properties and actions of essential oils The aromatree identifies the relationships that exist between the individual essential oils and the different parts of a plant such as leaves roots resin wood fruits seed or flowers In Aromatree we examine the relationship and pattern between the botany of the plant traditional folklore symbolism mythology of plants aroma chemistry pharmacology essential oil safety our psyche our personality the chakras the energetics according to traditional Chinese medicine and Ayurveda and blending tips Aromatree embraces all aspects of aromatherapy Whether you are a beginner or a professional aromatherapist you will gain an incredible insight into using essential oils

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