



Essential Oils & Aromatherapy, An Introductory Guide: More Than 300 Recipes for Health, Home and Beauty

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Your Personal Guide to the World of Essential Oils and Aromatherapy

Lavender, peppermint, rosemary, and other healing plants are likely right at your fingertips, or just beyond at a nearby garden. Now unlocking their healing powers is, too. *Essential Oils and Aromatherapy: An Introductory Guide* offers all the techniques, tools, and tips you need to start creating natural, toxic-free medicine and everyday household products from the comfort of your home.

Everything You Need to Know to Get Started with Essential Oils

- Enjoy Your Personal Apothecary, which includes profiles of more than 60 essential oils
- Learn to measure, dispense, and blend essential oils like a seasoned aromatherapist
- Discover the 25 most effective essential oils for natural healing
- Master techniques for massage, acupuncture, inhalation, and more
- Study safety tips for pregnant women, children, babies, and pets

Over 300 Natural Recipes for Every Household

- Apply everyday remedies for common ailments such as acne, migraines, nausea, and stress
- Use toxic-free household items, from lavender laundry detergent and all-purpose cleaner to air fresheners
- Enjoy calming beauty treatments, including face masks, body butter, and soothing bath salts

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