

[PDF] The Encyclopedia Of Essential Oils: The Complete Guide To The Use Of Aromatic Oils In Aromatherapy, Herbalism, Health, And Well Being

Julia Lawless - pdf download free book



Books Details:

Title: The Encyclopedia of Essential

Author: Julia Lawless

Released:

Language:

Pages: 224

ISBN: 157324614X

ISBN13: 9781573246149

ASIN: 157324614X

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Description:

The definitive A-Z reference guide to essential aromatherapy oils. Aromatherapy expert Julia Lawless shares her extensive knowledge in this detailed and systematic survey of more than 190 essential aromatherapy oils. From commonly used oils such as lavender and tea tree oils to the more obscure oils including deertounge, oakmoss, cananga, and angelica, *The Encyclopedia of Essential Oils* offers a wide variety of uses and cures for everything from wrinkles to kidney stones.

The Encyclopedia of Essential Oils gives detailed information on the most commonly available and widely used flower oils and aromatics including:

- the exact origins, synonyms, and related plants
- methods of extraction
- the herbal/folk tradition for each plant
- the uses of each plant
- aromatherapy applications
- home and commercial uses

This easy-to-use volume lets you access essential information in a variety of ways with a Therapeutic Index, a Botanical Index, and Botanical Classifications, plus safety information.

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