



The Encyclopedia of Aromatherapy

Chrissie Wildwood

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Among the profusion of books on aromatherapy available today *The Encyclopedia of Aromatherapy* is the first to explore the many aspects of this healing art in a single, up-to-date, illustrated volume. The author discusses all things aromatic, from essential oils to garden plants, with recipes for blending essential oils and practical tips for creating perfumes and beauty products. The numerous therapeutic uses of aromatherapy are applied to 10 major systems of the body with specific remedies given for more than 70 ailments.

Color photographs illustrate step-by-step a full-body aromatherapy massage, accompanied by specific advice on massaging pregnant women, babies, children, and elderly people. There is also a helpful section concerning sports injuries. Useful for the beginner, this comprehensive reference is an invaluable addition to the library of the serious student and professional practitioner of aromatherapy.

The Encyclopedia of Aromatherapy offers the most elegantly comprehensive package on the whole art and science of aromatherapy written to date. It deservedly takes its place among the small handful of indispensable reference books on this fascinating therapy

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