

THE COMPLETE BOOK OF ESSENTIAL OILS



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Valerie Ann Worwood has a doctorate in complementary health and is a clinical aromatherapist who teaches throughout the world training therapists and medical practitioners. Her books include The Fragrant Mind, The Complete Book of Essential Oils and Aromatherapy, Aromatherapy for the Healthy Child, Endometriosis Natural Treatment Program (with Julia Stonehouse) and Aromatherapy for the Soul.

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Please consult a doctor or herbalist for proper application of oils. The perfumery note of an oil refers to the rate at which the oil evaporates. Top notes evaporate more quickly and base notes more slowly. As a result, top note scents are perceived more quickly than base note scents

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