

## [NATURAL AROMATHERAPY 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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### **Aromatherapy The Balance Harmony of Body and Mind**

Little is known about the history of aromatherapy, or where it originated specifically, but the Egyptians are credited with developing one of the first distillation machines to extract oils from certain plants -- cedarwood, clove, cinnamon, to name a few -- which were used to embalm the dead.

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