

Natural Scent Therapy



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Reviews

This composed book is wonderful. It is amongst the most awesome book i actually have read through. You will like the way the author create this publication.
(Miss Fanny Osinski V)

NATURAL SCENT THERAPY



Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Natural Scent Therapy, Raje Airey, How to use the fragrance of flowers, herbs and essential oils for health and wellbeing? This is an inspiring guide to the therapeutic powers of fragrance, demonstrating the remarkable ability of scent to respond to our mental, physical and spiritual needs. It reveals how to use scent to balance mood: try a stimulating or refreshing perfume when you are feeling low or tired, use calming fragrances to ease away your cares; and enjoy a rich and luxurious bouquet when you need a little pampering. Subtle and soothing, revitalizing or intoxicating - discover the effects of different aromas and how to use them to enrich your everyday life. Most of us are aware that scents can actually change the way we feel, but there is also a growing appreciation of the truly remarkable ability of fragrances to respond to our specific mental, physical and spiritual needs. This stylish and contemporary book provides a wonderful introduction to using scents in daily life. Organized according to mood and action, it allows you to choose the fragrance that suits your mood: use the invigorating, stimulating or refreshing scent suggestions when you are feeling low or tired; try out calming fragrances to ease away your cares; and go for rich and luxurious aromas when you need a little pampering. There is plenty of practical advice on using scents to enhance wellbeing, nourish the body and bring fragrance to the home. Elegant yet informative, this handbook is an ideal way to discover more about the natural healing powers of fragrance.



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