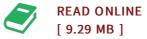




Natural Healing with Aromatherapy

By Brown, Denise Whichello

Book Condition: New. Publisher/Verlag: Hodder Education | Do you want to learn about the healing power of smell and scent? Get a kickstart with this little book which will give you just enough to get you going. | Natural Healing with Aromatherapy is a short, simple and to-the-point guide to learning the basic principles and practical techniques of aromatherapy and its oils. Whatever the aim - whether to overcome ailments, or just improve wellbeing - in just 96 pages readers will discover healing oils and beneficial massage techniques. Ideal for the busy, the time-pressured or the merely curious, Natural Healing with Aromatherapy is a quick, no-effort solution for those who want to reap the benefits of an ancient healing tradition. SOOTHE ACHES AND PAINS RELIEVE STRESS HEAL NATURALLY BOOST VITALITY BALANCE MIND, BODY AND SPIRIT 1. Buying and caring for essential oils and how to use them 2. Carrier oils 3. A-Z of essential oils 4. Aromamassage 5. Aromatherapy for common ailments: a therapeutic index Format: Paperback | Language/Sprache: english | 70 gr | 96 pp.



Reviews

I actually started looking over this publication. It really is rally interesting through studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dana Hintz

Good electronic book and valuable one. It really is basic but unexpected situations in the 50 percent in the pdf. You wont really feel monotony at at any moment of your time (that's what catalogues are for concerning when you ask me).

-- Elisa Reinger