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## 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.



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