

## COMPLETE BOOK OF ESSENTIAL OILS & AROMATHERAPY%0A

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[The Complete Book of Essential Oils and Aromatherapy ...](#)

The bulk of the book is devoted to how to use essential oils for healing and wellness. There are specific recipes and instructions for everything from work stress to head lice to spa treatments to applications for pets.

[The Complete Aromatherapy and Essential Oils Handbook for ...](#)

The Complete Aromatherapy and Essential Oils Handbook for Everyday Wellness [Nerys Purchon, Lora Cantele] on Amazon.com. "FREE" shipping on qualifying offers.

Aromatherapy is a method of employing essential oils to protect, heal and beautify. Essential oils are described as the life force or essence of plants. The most wonderful thing about

[Complete Guide to Essential Oils/A to Z of essential oils ...](#)

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. [An Introductory Guide to Uses for Essential Oils \(And ...](#)

The essential oils are the aromatic, natural chemical compounds extracted from various parts of a plant: leaves, flowers, stems, roots, bark, etc. They are in such a potent form that a single drop of essential oil can equal multiple teaspoons of the dried herb (for instance, 1 drop of peppermint oil