

Authentic Aromatherapy: Essential Oils and Blends for Health, Beauty, and Home

By Sharon Falsetto

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Essential oils are becoming increasingly popular, but how do you identify quality oils from the myriad of inferior ones to choose from? And what can you actually do with these little vials of oils? In fact, there are countless things you can use them for—things that will improve your life and home—and it’s so easy!

Sharon Falsetto features forty essential oils and recommends which ones you can use to improve specific ailments, ways they can benefit women, babies, and children, how to utilize them in the home and seasonally, and how to use them when you are traveling. She also provides information on bases for different essential oil uses and lists cautions and tips. This complete handbook is a great tool for anyone just starting to use essential oils as a holistic approach or those who have been using them for a long time, and includes chapters on:

· The history of scents

· Essential oils vs. fragrance oils

· Organic and non-organic essential oils

· Hydrosols, resins, absolutes, and carrier oils

· Extraction of essential oils and home distillation

· Basic chemistry of essential oils

· Species and chemotypes

· Endangered essential oils

· And much more

You’ll learn how to use common essential oils like grapefruit, eucalyptus, cedarwood, lavender, rosemary, tea tree, and thyme, but also more rare ones like benzoin, helichrysum, petigrain, vetiver, and yarrow. Essential oils can improve your life and well-being if you know how to use them correctly—*The Aromatherapy Handbook* will show you how.

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Authentic Aromatherapy: Essential Oils and Blends for Health, Beauty, and Home By Sharon Falsetto Bibliography

- Sales Rank: #1472035 in Books

- Published on: 2014-01-02
- Original language: English
- Number of items: 1
- Dimensions: .32" h x .22" w x .83" l, 1.44 pounds
- Binding: Hardcover
- 256 pages

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