

COMPLETE BOOK OF ESSENTIAL OILS AND AROMATHERAPY



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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.

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The Complete Book of Essential Oils and Aromatherapy

I can only disagree with the reviews who said that this book is not at all complete because it only lists 10 basic oils and their application.

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While this book has some useful information, it is lacking in several ways. First and foremost, the lack of oil safety for usage is big. Secondly, it has some extremely outdated content. Be sure to have a more recent oil book to go along side this if you need a good reference book for your essential oil use.

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The Complete Book of Essential Oils and Aromatherapy: Over 800 Natural, Nontoxic, and Fragrant Recipes to Create Health, Beauty, and Safe Home and Work Environments Essential Oils / by Denise / A required resource for anyone interested in alternate methods to recovery as well as lifestyle, this book contains more than 800 easy-to-follow recipes for crucial oil treatments.

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I purchased this edition of The Complete Book of Essential Oils & Aromatherapy to replace my worn out copy of a previous edition. I would not be without this wonderful resource and tool. It is well written and addresses most health and wellness issues that I have experienced. Thank you Ms. Wormwood for this great book.

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The Complete Book of Essential Oils and Aromatherapy

Having owned two now rather old books on Aromatherapy, I thought it would be nice to find a book which had

practical advise and lots of useful fragrant recipes for using up my collection of neglected essential oils.

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