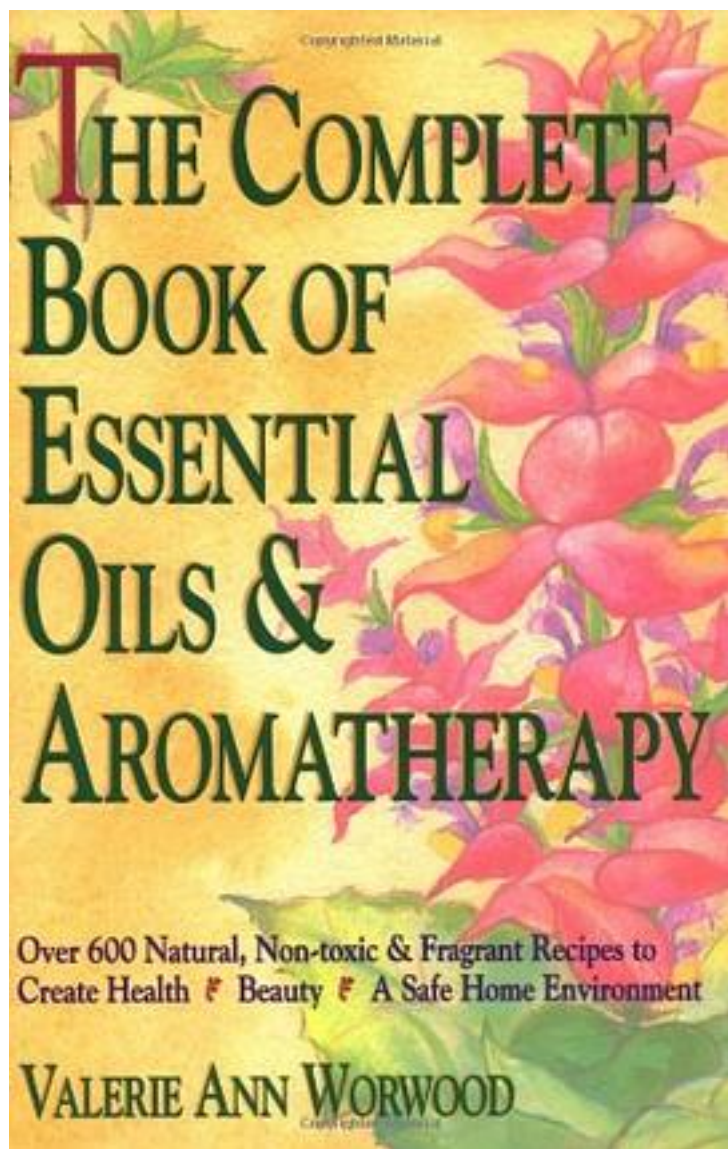


The Complete Book of Essential Oils and Aromatherapy



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著者:Valerie Ann Worwood

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Essential oils are one of the world's great untapped resources. This complete volume explains how to incorporate these ancient medicines of the earth into everyday life for personal care, physical and mental health, and a safe home environment. It gives more than 500 recipes using essential oils as alternatives to often toxic human-made health, beauty, and cleaning products.

作者介绍:

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芳香疗法

parfum

评论

Very practical book on Essential Oils. Can serve as a reference book and a guide for people who are practicing Aromatherapy as a hobby.

感觉更像是业余人士的博客 没什么干货 还有挺多错误的用法 完全不能推荐

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书评

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