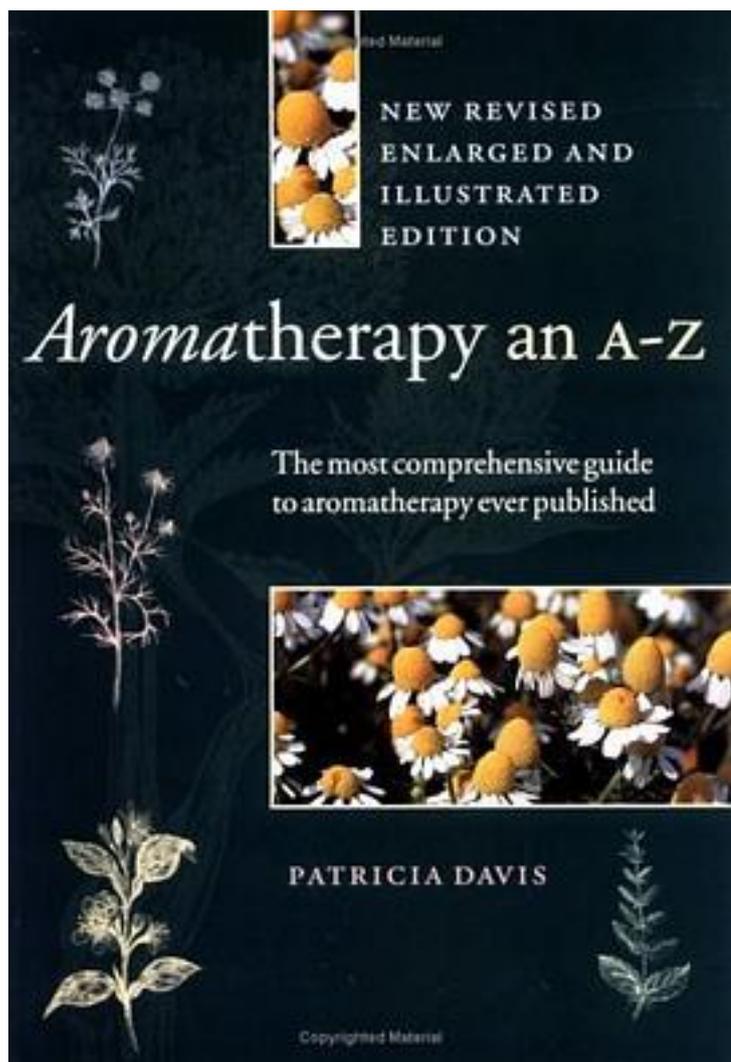


Aromatherapy



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著者:Keville, Kathi/ Green, Mindy

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This complete guide presents everything you need to know to enhance your health, beauty, and emotional well-being through the practice of aromatherapy. Kathi Keville and Mindy Green, who are masters in the fields of herbalism and aromatherapy, offer a fresh perspective on the most fragrant of the healing arts and discuss such topics as:

The history and theory of fragrance.

Therapeutic uses of aromatherapy for circulation, digestion, respiration, immunity, and more.

Instructions for creating personal beauty and skin-care products

Techniques for the home distillation and blending of essential oils.

A materia medica listing the origins and uses of commonly available essential oils.

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