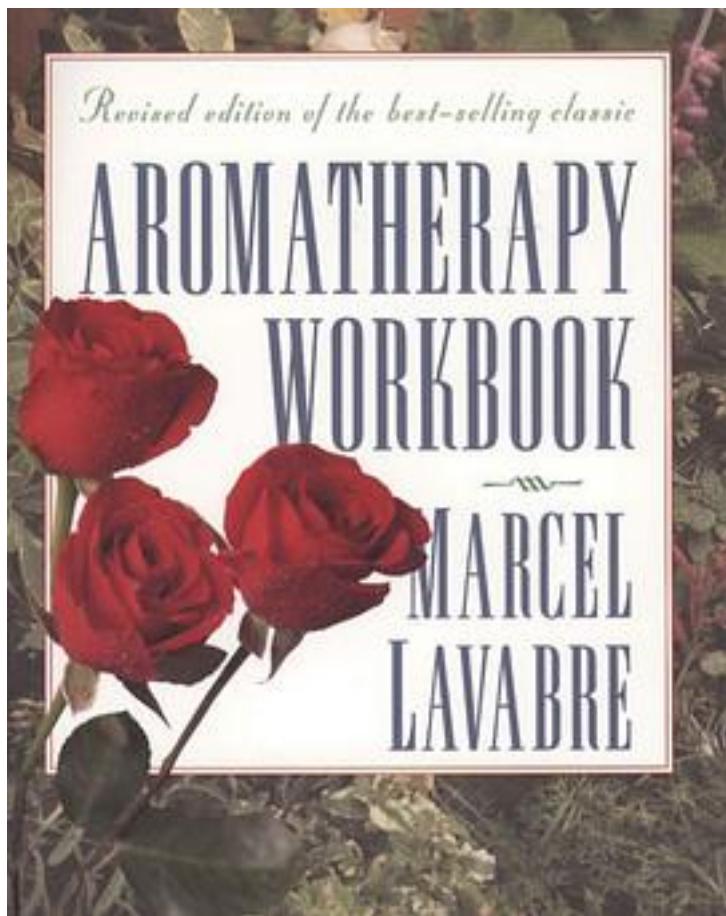


# Aromatherapy Workbook



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An expanded edition of the best-selling aromatherapy guide to the preparation and application of more than 70 essential oils for specific health conditions beauty care and massage. With more than 50000 copies sold this revised edition of AROMATHERAPY WORKBOOK incorporates the latest biochemical research with the

spiritual and psychological effects of essential oils. A practical guide to the history, folklore, science and art of aromatherapy, it also includes extensive reference charts that summarise the therapeutic uses of more than 70 essential oils.

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