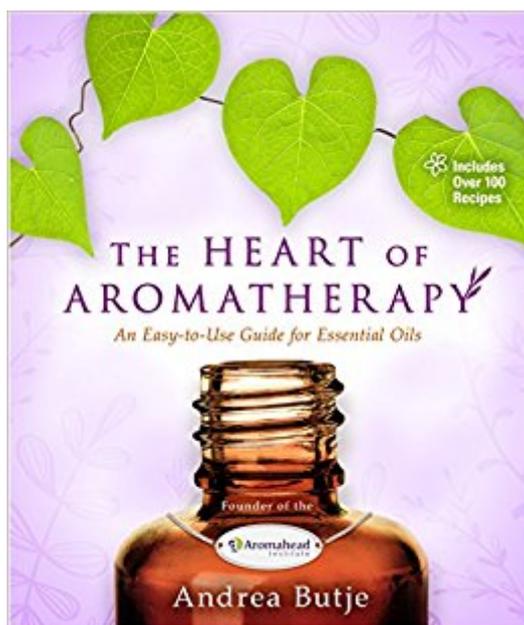


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The Heart Of Aromatherapy: An Easy-to-Use Guide For Essential Oils



Synopsis

In this guide to safe and effective aromatherapy, Aromahead Institute founder Andrea Butje brings 40 essential oilsâ™ unique properties to life for easy home usage. Each essential oil profile contains thorough practical information (Latin name, aroma, aromatic note, uses, and safety tips), as well as a âœpersonalityâ• profile to provide a sense of the core spirit, physical, and emotional supportive capabilities. Interspersed throughout the text are stories about individual distilleries and tips for buying the safest, most natural forms of the essential oils. Over 100 recipes are categorized for skin care, rest and relaxation, respiratory, digestion, pain relief, meditation and contemplation, and natural cleaning. Clear, easy-to-follow instructions are accompanied by safety tips and adjustments to make each recipe kid-friendly. With accessible information and recipes, both budding and experienced aromatherapists alike will be able to create personalized essential oil blends for happier, healthier bodies, minds, and homes.

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