



Complete Aromatherapy Handbook: Essential Oils for Radiant Health

By Susanne Fischer- Rizzi

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"When essential oils are put in a lamp, inhaled, applied to the skin, placed in bathwater, or even taken orally, a person can feel relaxed, energized, or uplifted. In this beautifully illustrated book, a holistic practitioner describes the history and physiological basis of aromatherapy, tells how to extract and store the oils, and gives detailed information on 27 of the most important essential oils, including their dosages and beneficial effects."--*Library Journal*.

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Editorial Review

From Library Journal

When essential oils (concentrated fragment components of plants and herbs) are put in a lamp, inhaled, applied to the skin, placed in bathwater, or even taken orally, a person can feel relaxed, energized, or uplifted. They can also help with stomach problems, asthma, varicose veins, and other ailments. In this beautifully illustrated book, translated from the German, the author, a holistic practitioner, describes the history and physiological basis of aromatherapy, tells how to extract and store the oils, and gives detailed information on 27 of the most important essential oils, including their dosages and beneficial effects. There is also a section on essential oils for beauty, for children, and for men. One vital piece of information is missing: the book doesn't tell where you can purchase these oils. Since there aren't many books in print in the United States on this subject, libraries with New Age and holistic medicine sections may want to consider this one.

- *Natalie Kupferberg, Brooklyn Coll. Lib., New York*

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Users Review

From reader reviews:

Martin Elkins:

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Shaun Richards:

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Rosa Milliken:

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