

(Free read ebook) Aromatherapy: A Beginner's Guide to Creating Homemade Aromatherapy Oils

Aromatherapy: A Beginner's Guide to Creating Homemade Aromatherapy Oils

Ruth Logan

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#124520 in Audible 2015-12-18 Format: Unabridged Original language: English Running time: 156 minutes | File size: 30.Mb

Ruth Logan : Aromatherapy: A Beginner's Guide to Creating Homemade Aromatherapy Oils before purchasing it in order to gauge whether or not it would be worth my time, and all praised Aromatherapy: A Beginner's Guide to Creating Homemade Aromatherapy Oils:

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Aromatherapy, also known as essential oil therapy, can be described as the science and art of using naturally extracted essences from plants to harmonize, balance and promote the wellbeing of the mind, body and spirit. Its aim is to unite psychological, physiological, and spiritual processes to enhance the human's natural ability to heal. Aromatherapy is one of the oldest sciences, used by many ancient cultures to cure ailments. The knowledge of these medicines and their practices were passed down from generation to generation and their application has become one of the major advances of natural science. Aromatherapy suggests the use of essential oils for therapeutic, spiritual, hygienic, and ritualistic purposes, and goes back to a number of ancient civilizations who have used them in cosmetics, perfumes and drugs. This book is a guide to let you know how to practice the use of aromatherapy at home. In this book you will find everything you need to know to get your feet wet and discover the uses of essential oils in aromatherapy, for yourself and your home. It contains numerous Aromatherapy recipes for each ailment, beauty treatment or practical use around the home. Now, let us dive into this wonderful world of aromatherapy, its uses, practices, and how well and efficiently you can apply it into your own life.