

# Aromatherapy for Women: A Practical Guide to Essential Oils for Health and Beauty

*Maggie Tisserand*

*ePub | \*DOC | audiobook | ebooks | Download PDF*

DOWNLOAD



READ ONLINE

#2314542 in Books Inner Traditions 1988Original language:EnglishPDF # 1 7.75 x 4.75 x .50l, #File Name: 0892812443128 pages | File size: 38.Mb

## **Maggie Tisserand : Aromatherapy for Women: A Practical Guide to Essential Oils for Health and Beauty**

before purchasing it in order to gage whether or not it would be worth my time, and all praised Aromatherapy for Women: A Practical Guide to Essential Oils for Health and Beauty:

2 of 2 people found the following review helpful. Charming bookBy Laura De GiorgioThis is a charming book on aromatherapy, written in a conversational style. You can imagine sitting with a friend in a tea-shop where she is telling you how this or that essential oil helped so and so with such and such a problem. This makes book very easy to read and the stories make it easy to remember what essential oil may be helpful for treating particular issue. While the focus of the book is on essential oils which are helpful for issues related to women such as pms, pregnancy, childbirth, breastfeeding, it covers many issue related to both sexes, such as weight loss, skin care, hair care, sexually transmitted diseases and general ailments like headache, stomachache, infections, etc.At the end of the book there are about 16 pages with recipes related to issues mentioned previously in the book. This is a rather small book, perhaps more geared toward newcomers to aromatherapy, though the anecdotal stories make it for an informative and fun reading for anyone.0 of 0 people found the following review helpful. Great starter book for anyone getting into aromatherapyBy JaimeThis is a perfect book for starters. It's an easy read. It gives many examples of how to use each oil and the effects they have. I don't recommend indigestion of essential oils unless you make the oil yourself and you know the oil is pure. This book contains recipes for remedies for headaches, hang overs, weight loss and so many other things. It's a

great book for beginners. I've learned a great deal reading this book. You will enjoy it if your just getting into aromatherapy.0 of 0 people found the following review helpful. Good information.By Theresa L.A bit yellowed and beat up but I could still read it. Good information.

A revised and expanded version of this book which shows how to select and use those aromatic oils which will restore you to peak condition. Maggie Tisserand also tells how aromatic oils can play a part in giving you beautiful skin and hair, how their smoothness and heady aromas can bring sensuality into your life and how minor ailments can be treated with the oils.

"Aromatherapy for Women, of use to both men and women, clearly illustrates the author's knowledge of essential oils and her confidence in applying them to our everyday lives, whether for healing illness, eliminating stress, or enhancing the appearance of the body. This book would make a fine gift for any woman interested in aromatherapy." (The Herb Quarterly)From the Author