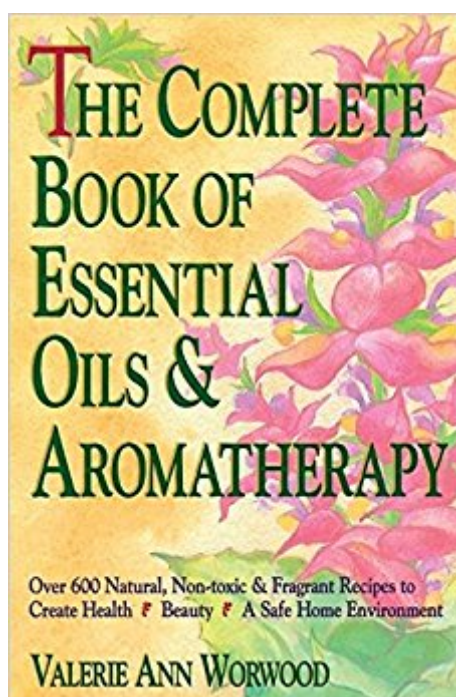


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# The Complete Book Of Essential Oils And Aromatherapy



## Synopsis

A necessary resource for anyone interested in alternative approaches to healing, this book contains more than 600 easy-to-follow recipes for essential oil treatments and aromatherapy.

## Book Information

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## Customer Reviews

There are plenty of good books on herbs, and some of them devote a chapter to essential oils, but there's nothing comparable to Worwood's work. Her premise is different from other herbalists--she believes that the most effective way to use herbs medicinally is by external application or inhalation. Both methods allow the essential oil to enter the bloodstream without passing through the digestive tract. Her grasp of basic physiology is somewhat confused, but there's nothing dangerous in her suggestions. (Worwood runs an aromatherapy clinic in England and conducts research on aromatherapy.) Her book prescribes oils for everything from basic first aid and treating common ailments to natural cosmetics and body care, fragrance for the home and office, and cooking with essential oils. A good addition to alternative medicine collections. See also Susanne Fischer-Rizzi's Complete Aromatherapy Handbook, LJ 7/91.--Ed.- Katharine Galloway Garstka, Intergraph Corp., Huntsville, Ala. Copyright 1991 Reed Business Information, Inc.

I'm not really sure why this is not showing a verified purchase, I bought it on and paid full price..... anyway..... I purchased this book mainly for its blends. The essential oil and carrier oil profiles are just a plus for me. I like that this book has many chapters. It has many separate sections, and it has

a lot of information! It has over 800 essential oil blends, which I am very happy about, as it's why I ordered the book. The carrier and essential oil profiles are good, and I like that there are carrier oil profiles, instead of just essential oil profiles. There is also a lot of information in this book for using essential oils with children. I have an 18 month old daughter and I always seek the natural route first. I love that she has the blends organized according to ailment. There is a great section on skin care and hair care with essential oils and carrier oils, as well as insomnia, the two sections I have personally found most helpful so far. I have made several blends based on her information and all have been wonderful! There is also a section all about hydrosols and profiles for hydrosols. And there are even cooking recipes for using essential oils in food! I have been using essential oils for 10+ years, so this book was purchased for a bit of inspiration for blends. Now that I've stated the positives, here are the negatives. There are reasons I gave this book 3 stars, first because I am not thrilled with how thin the pages are (slightly thicker than Bible pages). It makes it harder to flip through the pages quickly, and I feel I have to be very gentle, as not to tear the pages. I also didn't see any rare oil profiles and I was very surprised there was no oil profile for or mention of moroccan blue tansy essential oil. I use this essential oil quite often and I would have liked for it to be used in some of the blends. This book came highly recommended by my essential oil supplier and I can see why! It does have a lot of information! But I would prefer more in depth information, honestly. I can see this book getting some use in my home. I have many books on essential oils and I'll add this book to the collection. I have included a photo so you can see how thick with information this book literally is! UPDATE: I wanted to update my review. I'm a little annoyed with the organization of this book. I also do not like the fact that many of the recommendations of carrier oils and essential oils for skin and hair, are extremely general. For example; every carrier oil is good for All Skin Types! There is not one carrier oil that is not good for all skin types! She does not give any absorption rates or comedogenic ratings for carrier oils. I've started to notice parts of this book that are lacking, and I would have thought being an edited version and the 25th anniversary edition, that this book would have more depth, better editing, and more organization. I'm a bit irritated now that I've had more time with this book and prefer my other essential oil books for reference. My favorite authors are; Julia Lawless, The Encyclopedia of Essential Oils (my go to quick reference), Robert Tisserand, Essential Oil Safety (he writes the book on essential oils!), and Kurt Schnaubelt, The Healing Intelligence of Essential Oils (thats his newest one, it is a wealth of knowledge). I feel there are better choices as far as essential oil books go other than this book!

For many, this is the preferred reference book on the topic of essential oils. This book is informative

and thorough; it's clear and concise. You will find yourself referencing it again and again. It's chock-full of recipes and long-standing remedies. One of the reasons people love this book is because the author is practical. She was an expert long before the essential oil craze. She wrote this in a simple clear-cut manner without any hype. Honestly, if you like essential oils you will appreciate this book. Additionally, this is the newer edition; it's the one you want. I'm very fond of this book. It's a treasure.

Excellent reference. Tells me everything I wanted to know about essential oils and answers questions I hadn't even thought of yet. I have a fairly extensive collection of books on the subject but I won't need them any more.

I have lots of great EO books, but this one is the most informative! I really love the recipes in my other books, but this book has so much info in it that my others don't, so it is a great addition to my library!

Great book. So much information and well organized!

For starters it has a decent amount of "animal" aromatherapy and it is not scientifically based. Most animals cannot process or metabolize essential oils. This part of the book is quite dangerous actually and might cause serious harm if used. Another section that alarms me is the part if cooking with essential oils. There are many different Multi Level Marketing (MLM) companies that promote using essential oils in food. However, this is not a safe practice without truly understanding the scientific compounds and how they will react with various medications, age ranges, etc. Before introducing essential oils into your food make sure to coordinate with a certified aromatherapist. This book has been quite helpful in navigating essential oils on a basic level and I have enjoyed reading through it and actually trying some of the recipes. It was merely the things listed above that alarmed me a bit and makes me worried that it is promoting unsafe use.

Very informative book, maybe a bit much for a beginner. Some of the regimens seem complicated but I haven't finished the book yet. It seems to cover just about anything you would want to know about essential oils.

I seriously love this book and it has become my go to bible for any kind of trouble. I have tried

several recipes for myself and they worked then I recommended them to others with similar issues and so far everyone told me that it worked for them, especially the Recipe for tendinitis which I have used for my frozen shoulder, my friends neck / shoulder pain (by the way he does not believe in this kind of stuff but his pain still went away) an other coworker had pain stain from lifting something and it helped her and even my mom that is on major pain meds got relieve in her wrists from that recipes. So I am really excited about this book.

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