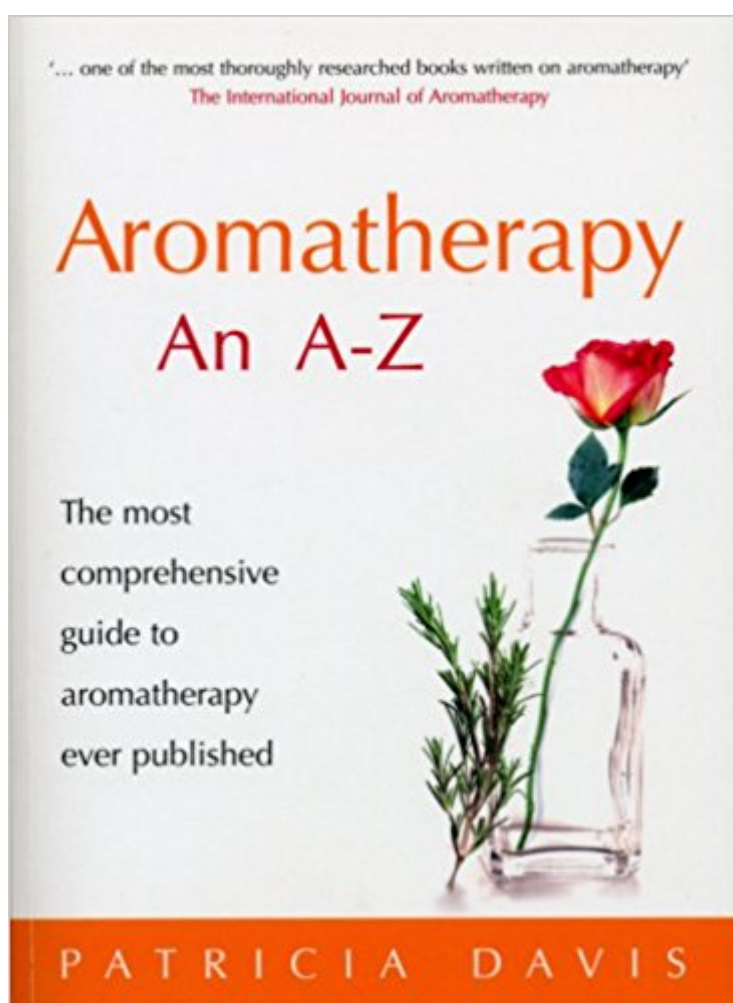


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Aromatherapy: An A-Z: The Most Comprehensive Guide To Aromatherapy Ever Published



Synopsis

One of the most comprehensive, up-to-date encyclopedias of aromatherapy available today, this reference has more than 400 entries covering more than 200 conditions and 82 essential oils as well as recipes and formulae.

Book Information

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Customer Reviews

“One of the most thoroughly researched books written on aromatherapy.”
—The International Journal of Aromatherapy

‘What a fabulous resource...an encyclopedia that covers everything from individual essential oils, to conditions and ailments’. New Age Retailer

This book is a good reference book. If you have a subject you want to look up she makes that very easy. But it is not the most comprehensive guide to aromatherapy. In fact I wouldn't call it a guide at all but rather a very good reference book, perhaps the most comprehensive aromatherapy reference book. There is no section about how certain oils can be mixed or an explanation on how to use notes or an explanation regarding which oils up you may want to use less of when combining scents or really any section on combining scents at all. It is a book of subjects and an explanation of each subject. I.e: subject - Dr Valnet followed by a short autobiography as to how he features in aromatherapy or a section on - arthritis and which essential oils to use for that affliction. It is very

comprehensive though so that is no lie. And I like the book and it will prove itself useful, already has in fact.

Really neat little reference book , organized very well and easy to read, It is small in size, so it is nice for travel or carrying in a tote bag. I would have given it 5 stars but it is a slightly incomplete list of oils , given the fact that some were in the end on a list of oils to avoid. I would prefer that some of those oils still be profiled, just with added safety info and warnings, then I can make the decision whether to use it or not. Overall, a nice little reference guide that I enjoy having in my library. Please vote helpful if you enjoyed my review and found it helpful.

Aromatherapy: An A-Z , a comprehensive guide to the therapeutic use of essential oils and herbal remedies by Patricia Davis is an amazing book. It is knowledge rich regarding medical, pharmaceutical, and scientific knowledge about herbs and oils. As a veteran Aromatherapist Ms Davis delivers clear and concise information on the implementation of essential oils into a healthy lifestyle. This book is an oldie but goodie!** UPDATE: I found this resource very helpful. I later ordered the ebook so that I could have a copy with me at all times on my computer and cell phone.

I have used this book since 1999 and have used 2 books until they fell apart. Some of the suggestions are off, but I suggest buying this book.

Another great essential oils book.

I am currently studying aromatherapy and find this book to be very informative guide especially as I am a massage therapist too. Really understanding the oils and more importantly their therapeutic action is key to a positive outcome. I bought it on my kindle so now its with me everywhere I go ...understanding is knowledge and knowledge is progress!

Its actually does what is saying on the cover, it is with out doubt a excellant comprehensive guide and so easy to use, with a lot of common sense advise in the book.

I love this book. I have been using it for quite a while as a reference and keep going back to it over a couple others that I have because I like how the information is laid out. It's had everything I have looked for and more. I highly recommend it for your aromatherapy library.

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