



The Complete Book of Essential Oils and Aromatherapy, Revised and Expanded: Over 800 Natural, Nontoxic, and Fragrant Recipes to Create Health, Beauty, and Safe Home and Work Environments

Valerie Ann Worwood

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Completely updated, the best book on the topic available anywhere has just gotten better!

A necessary resource for anyone interested in alternative approaches to healing and lifestyle, this new edition contains more than 800 easy-to-follow recipes for essential oil treatments. No one has provided more thorough and accurate guidance to the home practitioner or professional aromatherapist than Valerie Ann Worwood.

In her clear and positive voice, Worwood provides tools to address a huge variety of health issues, including specific advice for children, women, men, and seniors. Other sections cover self-defense against microbes and contaminants, emotional challenges, care for the home and workplace, and applications for athletes, dancers, travelers, cooks, gardeners, and animal lovers. Worwood also offers us her expertise in the use of essential oils in beauty and spa treatments, plus profiles of 125 essential oils, 37 carrier oils, and more.

Since the publication of the first edition of this book 25 years ago, the positive impact of essential oil use has become increasingly recognized, as scientific researchers throughout the world have explored essential oils and their constituents for their unique properties and uses.

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From Reader Review The Complete Book of Essential Oils and Aromatherapy, Revised and Expanded: Over 800 Natural, Nontoxic, and Fragrant Recipes to Create Health, Beauty, and Safe Home and Work Environments for online ebook

Barbara says

Lots of great blends and information

Tealmermaid says

An excellent reference guide with numerous charts for every possible essential oil usage.

Mischenko says

This book on essential oils is literally one to keep if you're an essential oil user. It's a perfect go to guide. Great reference. Awesome for beginners. 5*****

S.rae says

ingestion?!?! it saddens me that so many legitimate aromatherapists are jumping on such a dangerous band wagon. regardless, Worwood still gives some great information about usage and is a great resource for those who know EO basics.

Kimberly says

A lot of great tips and blends to help all types of ailments.

Tammy Rockman says

Good reference

Gia Fondren says

book that helped with home remedies.

Alison says

I found this to be an excellent resource. Lots of information, lots of recipes for oil blends for virtually every condition one can think of.

Cherie says

You don't want to read this like a novel, but amazing tips and info and a great guide on oils.

Pam says

A really awesome complete guide to EO's. (Love all the reference charts!) It will no doubt have many dog eared pages over the years :) The only thing I wish it contained was a section of great diffuser blends.

Darlene says

This is an excellent book for those who are into Essential Oils. I've used many receipts in this book from sore throat to depression and it's been very helpful.

I've new with using essential oils so this was recommended by my sister-in-law who uses this book constantly. I would recommend it. Stop at the book store and look through it to see if it's something that could help or have fun with too.

Jacy Hahn says

Had to buy this book as it was very informative and had great source of information. I will re-read and go to many specific DIY areas. I'm a beginner in the use and understanding of essential oils and this will be more of a bible/reference guide for me in my journeys .
