



# **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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A necessary resource for anyone interested in alternative approaches to healing and lifestyle, this book contains more than 800 easy-to-follow recipes for essential oil treatments. Now, completely updated, the best book on the topic available anywhere has just gotten better. No one has provided more thorough and accurate guidance to the home practitioner or professional than Valerie Ann Worwood.

In her clear and positive voice, Worwood offers readers tools to address a huge variety of health issues, including specific advice for children, women, men, and seniors, as well as self defense against microbes and contaminants, dealing with emotions, care for the home and workplace, and specialist advice for athletes, dancers, travelers, cooks, gardeners, and animal lovers. Worwood offers us her expertise in the use of essential oils in beauty and spa treatments, as well as providing profiles for 125 essential oils, 37 carrier oils, and more.

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

## **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 Details**

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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**

### **Dawn Macke says**

The quintessential layman's reference book for essential oils, aromatherapy and natural healing and home. I've abandoned a number of commercial products, from acne treatments and household cleaners to moisturizers and air fresheners. I've also seen this book used in upscale spas and holistic healthcare. I've moved multiple times, and this book and my oils are always packed with the absolutely-positively-can't-live-without-it stuff!

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### **Fostergrants says**

i really appreciate the way this book is indexed. any ailment or issue you can think of is listed in a clear way so you can turn right to it. the relevance of a book like this is in its usability and this is still my favorite in that department.

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### **Laurie Carlson says**

This is the best book I have ever found listing all the Essential Oils and their uses. I call it my Essential Oil Bible. It contains every possible oil available and then some. There is no possible way to remember everything listed in this book, which is why I end up using it as a reference tool. I am constantly going back to this book to look up this or that for oil use. I use essential oils for everything - all ailments, feel goods, illnesses, and more. This book has become one of the best books I have on Essential Oils.

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### **Brandon says**

Great resource! Best one I've found.

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### **Ali Kay says**

This book is amazing. It goes through so many emotional and physical issues and how to heal them with aromatherapy. The author gives recipes and explains how much to use. She explains so much in detail and it is a wonderful book if you are just getting started into using essential oils. It is also a great book if you use aromatherapy but want some more information on the benefits physically and emotionally.

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### **Kimbo says**

Okay, if we consider that.. "recent work (Villemure, Slotnick, and Bushnell 2003) has shown that the areas of the brain that light up in response to a painful stimulus can be dulled by creating positive moods with a pleasant odor" - this book becomes essential. Aromatherapy can be used to improve our lives in a myriad of ways. I have personally used it to quit smoking and manage pain. This book provides a thoughtful historical, emotional, and spiritual background with practical tips for combining essential oils to get their maximum holistic benefits. I highly recommend.

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### **Linda says**

A must if you're into essential oils! Use it often!

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### **Perries.world says**

(see caution in mid-review)

This book is very informative. I gleaned many things from it, and have decided to keep it as reference material for recipes etc.

However, I strongly suggest that this is not your only source for information on essential oils.

#### **CAUTION:**

This book is EXTREMELY lacking in safety material. And actually incorrect when it comes to essential oils and animals. You should NEVER use essential oils on a cat. Their livers cannot process it. It will kill them. Re: the other animals listed, I do not have enough information to say what is or is not accurate regarding them.

Because of the extreme inaccuracies in animal section, I am more skeptical of the book as a whole. It could be that the information on essential oils back in 1991, when this was written, was not as available as it is now, however there is no updated version. So I recommend caution and further research before attempting more than basic, well known, methods of use.

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### **Melissa says**

I have just started using essential oils in the last few weeks. I am already a firm believer in them and what they can do. This book has been so helpful in educating me in the world of essential oils!

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### **Yaaresse says**

It's a decent reference, but there are better EO books (with updated information) out there. I prefer a book that explains why certain oils are used for Z or Y, not just gives recipes. I also find her tone throughout the

book a bit off-putting. Nonetheless, I'll hang onto it as a backup because it is easy to look up specifics (which I would then cross-reference with a more modern and instructive book such as Schnaubelt's or Tissarand's.)

(And I can't believe she's advising using EO's on pets. Only an experienced person should do that. EO can cause liver and kidney damage in cats, dogs and birds.)

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### **DeAnne says**

This is a fantastic reference book for working with essential oils both as a perfumer and as a cosmetics formulator. Ms. Wormwood is one of the world's acknowledged experts on all things essential, and her advice about the therapeutic value of many of these oils is brilliant. As someone who has more than 20 years of experience working with the medical modalities of these types of therapy, her advice is both scientific in approach, and holistic in value. Highly recommended.

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### **Laura says**

Okay, this one's definitely a keeper. Zack's warts are vanishing and I only applied the essential oil remedy for three or four days. Warts are so annoying, I had the hardest time getting rid of them when I was a kid. I'm absolutely amazed at how well this worked.

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Many essential oils behave as antiseptics, antibacterials, antivirals, and/or antifungals. They are natural and smell good so I'm learning how to use them. I appreciate the wealth of information in this book. There's a recommendation for a basic kit containing 10 essential oils with a variety of uses, ranging from medicinal treatment (physical and emotional) to pest control in the garden. The book is organized pretty well, but there have been some things that took me a while to find. I think it'll be easier to navigate when I'm more familiar with the layout.

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### **Jennifer says**

I have heard this book referred to as the "bible" for the subject matter. It is very thorough & has common sense advice (cut out smoking, booze, etc). There has been a lot of recent research on essential oils that make this an even more valuable resource guide. I have read several reviews on this site and on others, that the advice on using oils on cats & dogs internally is toxic. So yes please, follow the advice of medical professionals first.

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### **Lea says**

This is a fabulous reference book. I read it cover to cover and marked up most of the pages with notes and highlights; I tabbed many pages of recipes and tips that I want to refer back to. Some of the oils I wasn't familiar with and to collect all the ingredients she uses could be costly, but overall there are amazing recipes and a lot of very valuable information on essential oils and their practical uses in

every day life.

Would recommend this to anyone who uses essential oils - beginner to advance.

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### **Cameron says**

Great book to get an overall understanding of essential oil use. I've already used a lot of the recipes and have been enjoying the results. Some of the verbage is confusing since she's British, but overall the instructions are pretty easy to follow. I especially like the section about the 10 essentials oils you should start your home kit with. Sometimes the chapters are hard to get into but the info is worth knowing so it's worth it to persevere. Overall great resource.

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