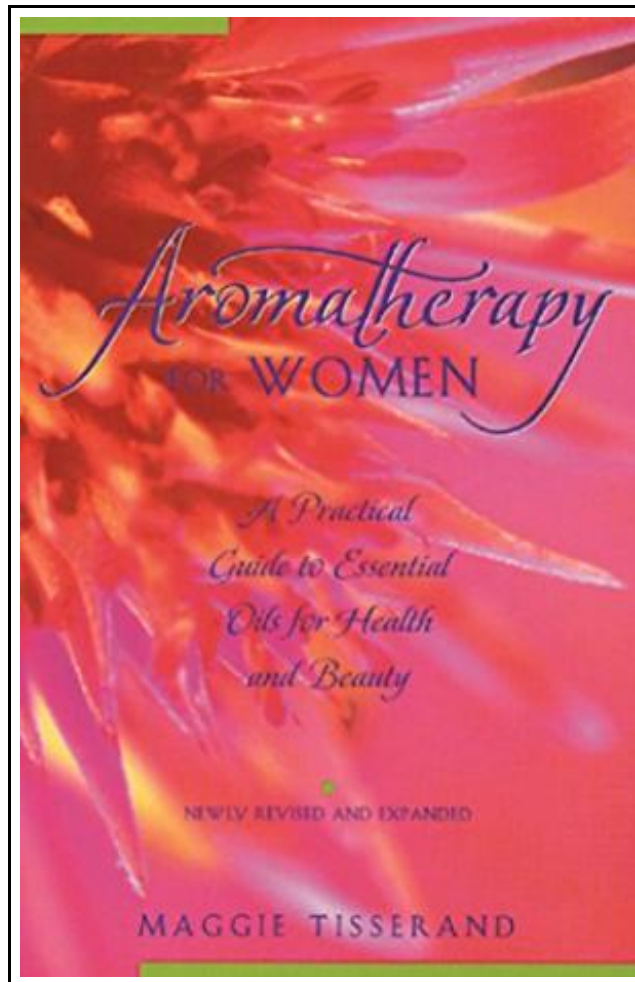


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Healing Arts Press. Paperback. Book Condition: New. Paperback. 176 pages. Dimensions: 8.2in. x 5.4in. x 0.5in. Extracted from flowers and herbs, aromatic essential oils have been used for centuries to heal and beautify, offering a gentle yet effective alternative in the treatment of illness, stress, and imbalance. Maggie Tisserand brings a wealth of practical experience to this book, focusing on women and their particular health and beauty concerns. She shows how the unique properties of specific essences can be used to maintain healthy hair and skin, ease minor complaints, and assist in treating more serious health problems. The author shares her techniques for enhancing general well-being and sensual satisfaction with massage. She also gives advice on how to use aromatherapy during pregnancy and childbirth, and includes a chapter on remedies for children's illnesses. Tisserand's knowledge of aromatherapy is both accessible and comprehensive, providing the reader with excellent guidance to the healing benefits of aromatic essences. Revised and expanded edition of the aromatherapy bestseller. Includes recipes for preparing your own oils, baths, perfumes, masks, compresses, and other remedies. A resource section directs you to reputable suppliers. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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