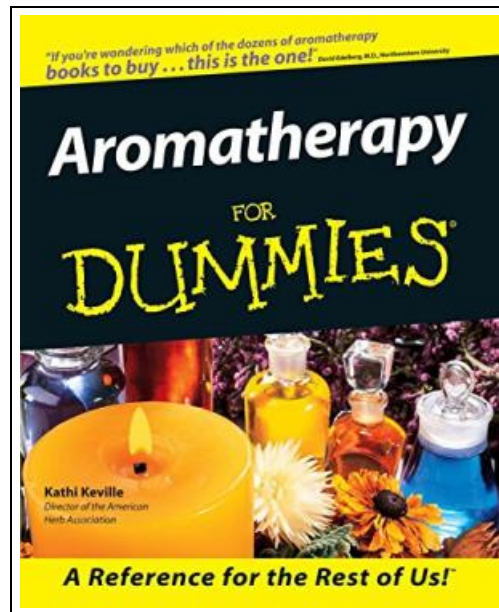


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John Wiley Sons Inc, United States, 1999. Paperback. Condition: New. Language: English . Brand New Book. Whether it s the tang of ozone in the air just before a rainstorm, the homey smell of freshly baked bread, or the inspiring scent of roses, natural aromas are everywhere with us, influencing our moods, and informing our perceptions. But natural aromas are capable of much more. Science is just beginning to reveal how aromas affect our bodies as well as our spirits, and what once seemed far-fetched that you can treat many common ailments with nothing more than a pleasing smell is now being taken seriously by many in the medical community. Yes, you can smell your way to good health, and now Aromatherapy For Dummies shows you how. This down-to-earth guide takes the mystery out of essential oils and other aromatherapy tools, and shows you how pleasing scents can cure what ails you and enhance your life at home and at work. Among other things, you ll discover how to: Safely and easily treat hundreds of common ailmentsIncrease f ocus and concentrationRelieve tension and relaxImprove athletic performanceEnhance romanceSniff out the right essential oilsCreate fragrant essences in your kitchen Under the expert guidance of one of America s leading botanical experts, you ll bring the wonders of aromatherapy into your own life. Kathy Keville provides clear, concise, scientifically informed explanations of how plant essences can support body, mind, and spirit. She offers common sense advice on everything from therapeutics and cosmetics to the recreational uses of essential oils. And she supplies: Easy-to-follow instructions on how to select genuine aromatherapy productsSymptom Guide simple and easy remedies for 60 common conditions, listed alphabetically by symptomAroma Guide an A-to-Z guide of fragrant plants used in aromatherapyMore than a hundred recipes for everything from oily skin...



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