



# Essential Aromatherapy: A Pocket Guide to Essential Oils and Aromatherapy

*Susan E. Worwood, Valerie Ann Worwood*

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
*Susan E. Worwood, Valerie Ann Worwood*

**Essential Aromatherapy: A Pocket Guide to Essential Oils and Aromatherapy** Susan E. Worwood, Valerie Ann Worwood

This lively A to Z reference guide shows readers how to prepare and use essential oils and use them for healing physically and emotionally. The handy book culls the best of THE COMPLETE BOOK OF ESSENTIAL OILS and organizes every oil into accessible, alphabetical listings. It includes individual oil profiles, applications, and the physical and emotional conditions that warrant their use.

Specific formulas for blending essential oils for a myriad of home and health applications are provided. Detailed treatment suggestions for such special circumstances as pregnancy, children and babies, chronic pain, terminal illness, and pre- and post-operative conditions are included. This is an easy-to use guide for every reader, or a handy reference for those who already use The Complete Book of Essential Oils and Aromatherapy.

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