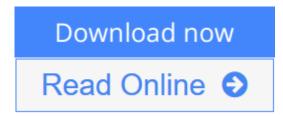


# The Aromatherapy Bible: The Definitive Guide to Using Essential Oils

By Gill Farrer-Halls



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Inside each bottle of essential oil lies the key to beauty, health, and wellbeingand this comprehensive illustrated reference contains all the information needed
to work aromatherapy's magic. It includes complete instructions for skin and
body treatments; recipes for creams and lotions; remedies to overcome negative
emotions; advice on psychic cleansing; and techniques to enhance meditation and
massages of all kinds. There are first aid therapies to relieve simple ailments, and
to use during pregnancy and with babies, children, and the elderly. A Directory
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