



## Aromatherapy 101 (Paperback)

By Howexpert Press

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.About the Book Have you always wanted to know how aromatherapy works but been put off by all the technical jargon? This book gives you a great introduction to essential oils and how to use them, in a simple and straight-forward manner. The book provides practical advice on what oils to use, how to mix them effectively and how to use them safely. If you just want to dive right in, the cheat sheet will tell you exactly which oils to get and how to use them. If you want to understand why the oils work, and how to make your own blends, you can carry on right through to the end. About the Expert Fiona McKay is a trained aromatherapist who has been practising for the last twenty years. She became fascinated with alternative medicine as a young child after her grandmother started to teach her how to use herbal teas as an alternative to over the counter drugs. This fascination with herbal medicine led naturally to a love affair with essential oils as Fiona got older. Having seen the effectiveness...



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