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Aromatherapy: A Beginners Guide To Using Aromatherapy At Home

Ruth Logan

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Aromatherapy - A Beginner’s Guide to Creating Homemade Aromatherapy Oils

Aromatherapy, also known as Essential Oil Therapy, can be described as the science and art of using naturally extracted essences from plants to harmonize, balance and promote the wellbeing of the mind, body and spirit. **Its aim is to unite psychological, physiological and spiritual processes** to enhance the human’s natural ability to heal. Aromatherapy is one of the oldest, ancient sciences which have been used by the doctors and some cultures of the old ages to cure ailments. The knowledge of these medicines and their practices were passed down from generation to generation and their application has become one of the major advances of natural science. **Aromatherapy suggests the use of essential oils for therapeutic, spiritual, hygienic and ritualistic purposes**, and goes back to a number of ancient civilizations who have used them in cosmetics, perfumes and drugs. Aromatherapy suggests that the essential oils which are found in our environment can be used to **cure our ailments and increase our mental and physical wellness**. These essential oils that could become a part of our daily routine could actually help and aid us in gradually removing our bodies of disease and illnesses which we have been suffering with and make us healthy. This book is a guide to let you know how to practice the use of aromatherapy at home. In this book you will find everything you need to know to get your feet wet and discover the uses of essential oils in aromatherapy, for yourself and your home. **It contains numerous Aromatherapy recipes for each ailment, beauty treatment or practical use around the home**. Now, let us dive into this wonderful world of aromatherapy, its uses, practices, and how well and efficiently you can apply it into your own life.

The book is divided into 4 main sections

- Aromatherapy Basics
- Aromatherapy For Common Ailments
- Aromatherapy for Beauty
- Aromatherapy For Home

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