



the complete  
**aromatherapy  
 & essential oils**  
 handbook for everyday  
 wellness

Essential oils, often described as the “life force” of plants, are one of nature’s most potent forms of healing. For centuries these aromatic essences have been used not only to support the body’s ability to heal itself, but also to create nurturing personal care products and to enhance the quality of life. Now, within the pages of this fascinating and in-depth book you can explore the inspiring world of aromatherapy. Using readily available ingredients, learn how to enrich your physical and mental well-being by incorporating essential oils into your everyday life.



Featuring extensive and easy-to-follow information on:

- Using essential oils and their therapeutic properties
- A broad range of conditions and remedies
- Therapeutic healing for babies and children
- Skincare, hair care and body care
- Massage
- Creating natural home care products

Includes a glossary and resources

**Nerys Purchon** was one of Australia’s leading experts on aromatherapy and essential oils. Her books have sold more than 300,000 copies worldwide.

**Lora Cantele**, RA CMAIA, AAS, is a registered clinical aromaterapist, certified Swiss reflex therapist, international lecturer, and aromatherapy educator and writer.

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Includes  
 109 essential  
 oils & more than  
 450 remedies  
 and uses



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