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The Essential Guide to Oils: All the Oils You Will Ever Need for Health, Vitality and Well-being

By Jennie Harding

Watkins Media. Paperback. Book Condition: new. BRAND NEW, The Essential Guide to Oils: All the Oils You Will Ever Need for Health, Vitality and Well-being, Jennie Harding, The Essential Guide to Oils is another comprehensive yet compact guide in the Essential Guide series - discover how to enjoy life-enhancing aromatic oils in massage, aromatherapy, healing, or simply for their lovely ambiance. The first section describes how these essential oils are extracted from plants, evocatively explains how they have been used, traditionally, in different cultures, and guides the reader in the best ways to integrate them safely and effectively into their daily life. The bulk of the book is a directory of 100 oils, each complemented by a full-colour photograph of the plant from which the oil is made. Each information-packed entry takes a holistic approach, offering specific examples of how you can use the oil to benefit both mind and body, whether massaging sore muscles with rosemary oil or adding ylang ylang oil to a bath to calm your mind. Concise text, with key points highlighted, provides essential information and fascinating facts at a glance. Authoritative yet accessible, this book will delight anyone who wants to know more about oils,...



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