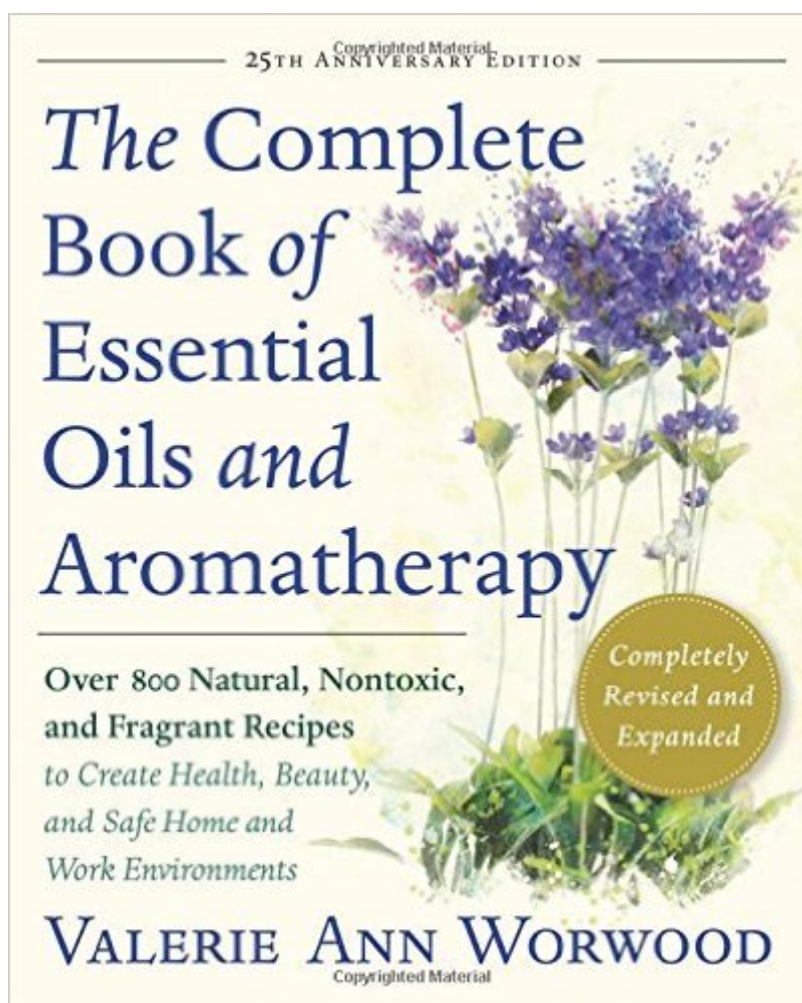


The book was found

The Complete Book Of Essential Oils And Aromatherapy, Revised And Expanded: Over 800 Natural, Nontoxic, And Fragrant Recipes To Create Health, Beauty, And Safe Home And Work Environments





Synopsis

A necessary resource for anyone interested in alternative approaches to healing and lifestyle, this book contains more than 800 easy-to-follow recipes for essential oil treatments. Now, completely updated, the best book on the topic available anywhere has just gotten better. No one has provided more thorough and accurate guidance to the home practitioner or professional than Valerie Ann Worwood. In her clear and positive voice, Worwood offers readers tools to address a huge variety of health issues, including specific advice for children, women, men, and seniors, as well as self defense against microbes and contaminants, dealing with emotions, care for the home and workplace, and specialist advice for athletes, dancers, travelers, cooks, gardeners, and animal lovers. Worwood offers us her expertise in the use of essential oils in beauty and spa treatments, as well as providing profiles for 125 essential oils, 37 carrier oils, and more. Since the first publication of the book 25 years ago, the positive impact of essential oil use has become increasingly recognized as scientific researchers throughout the world explore essential oils and their constituents for their unique properties and uses.

Book Information

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Customer Reviews

“The bulk of the book is devoted to how to use essential oils for healing and wellness. There are specific recipes and instructions for everything from work stress to head lice to spa treatments to applications for pets. It’s a perfect addition to every home library.” — Anna Jedrzewski, *Retailing Insight* “Impressively thorough, well organized, and with a clear table of contents, Worwood’s book is easily navigable to find information symptom by symptom,

oil by oil, or topic by topic (such as workplace or travel). . . . Worwood's tone is positive and pragmatic. With benefits for whole-body health, home, and beauty, the promise of essential oils seems too good to be true, but Worwood's research, experience, and diligent instruction, along with her calm voice, prove the might of natural oils.

Foreword Reviews

Valerie Ann Worwood has a doctorate in complementary health and is a clinical aromatherapist who teaches throughout the world training therapists and medical practitioners. Her books include *The Fragrant Mind*, *The Complete Book of Essential Oils and Aromatherapy*, *Aromatherapy for the Healthy Child*, *Endometriosis Natural Treatment Program* (with Julia Stonehouse) and *Aromatherapy for the Soul*.

I'm not really sure why this is not showing a verified purchase, I bought it on Amazon and paid full price..... anyway..... I purchased this book mainly for its blends. The essential oil and carrier oil profiles are just a plus for me. I like that this book has many chapters. It has many separate sections, and it has a lot of information! It has over 800 essential oil blends, which I am very happy about, as it's why I ordered the book. The carrier and essential oil profiles are good, and I like that there are carrier oil profiles, instead of just essential oil profiles. There is also a lot of information in this book for using essential oils with children. I have an 18 month old daughter and I always seek the natural route first. I love that she has the blends organized according to ailment. There is a great section on skin care and hair care with essential oils and carrier oils, as well as insomnia, the two sections I have personally found most helpful so far. I have made several blends based on her information and all have been wonderful! There is also a section all about hydrosols and profiles for hydrosols. And there are even cooking recipes for using essential oils in food! I have been using essential oils for 10+ years, so this book was purchased for a bit of inspiration for blends. Now that I've stated the positives, here are the negatives. There are reasons I gave this book 3 stars, first because I am not thrilled with how thin the pages are (slightly thicker than Bible pages). It makes it harder to flip through the pages quickly, and I feel I have to be very gentle, as not to tear the pages. I also didn't see any rare oil profiles and I was very surprised there was no oil profile for or mention of Moroccan blue tansy essential oil. I use this essential oil quite often and I would have liked for it to be used in some of the blends. This book came highly recommended by my essential oil supplier and I can see why! It does have a lot of information! But I would prefer more in depth information, honestly. I can see this book getting some use in my home. I have many books on essential oils and I'll add this book to the collection. I have included a photo so you can see how thick with information this book

literally is! UPDATE: I wanted to update my review. I'm a little annoyed with the organization of this book. I also do not like the fact that many of the recommendations of carrier oils and essential oils for skin and hair, are extremely general. For example; every carrier oil is good for All Skin Types! There is not one carrier oil that is not good for all skin types! She does not give any absorption rates or comedogenic ratings for carrier oils. I've started to notice parts of this book that are lacking, and I would have thought being an edited version and the 25th anniversary edition, that this book would have more depth, better editing, and more organization. I'm a bit irritated now that I've had more time with this book and prefer my other essential oil books for reference. My favorite authors are; Julia Lawless, The Encyclopedia of Essential Oils (my go to quick reference), Robert Tisserand, Essential Oil Safety (he writes the book on essential oils!), and Kurt Schnaubelt, The Healing Intelligence of Essential Oils (thats his newest one, it is a wealth of knowledge). I feel there are better choices as far as essential oil books go other than this book!

For many, this is the preferred reference book on the topic of essential oils. This book is informative and thorough; it's clear and concise. You will find yourself referencing it again and again. It's chock-full of recipes and long-standing remedies. One of the reasons people love this book is because the author is practical. She was an expert long before the essential oil craze. She wrote this in a simple clear-cut manner without any hype. Honestly, if you like essential oils you will appreciate this book. Additionally, this is the newer edition; it's the one you want. I'm very fond of this book. It's a treasure.

Excellent reference. Tells me everything I wanted to know about essential oils and answers questions I hadn't even thought of yet. I have a fairly extensive collection of books on the subject but I won't need them any more.

I have lots of great EO books, but this one is the most informative! I really love the recipes in my other books, but this book has so much info in it that my others don't, so it is a great addition to my library!

Great book. So much information and well organized!

For starters it has a decent amount of "animal" aromatherapy and it is not scientifically based. Most animals cannot process or metabolize essential oils. This part of the book is quite dangerous

actually and might cause serious harm if used. Another section that alarms me is the part if cooking with essential oils. There are many different Multi Level Marketing (MLM) companies that promote using essential oils in food. However, this is not a safe practice without truly understanding the scientific compounds and how they will react with various medications, age ranges, etc. Before introducing essential oils into your food make sure to coordinate with a certified aromatherapist. This book has been quite helpful in navigating essential oils on a basic level and I have enjoyed reading through it and actually trying some of the recipes. It was merely the things listed above that alarmed me a bit and makes me worried that it is promoting unsafe use.

Very informative book, maybe a bit much for a beginner. Some of the regimens seem complicated but I haven't finished the book yet. It seems to cover just about anything you would want to know about essential oils.

I seriously love this book and it has become my go to bible for any kind of trouble. I have tried several recipes for myself and they worked then I recommended them to others with similar issues and so far everyone told me that it worked for them, especially the Recipe for tendinitis which I have used for my frozen shoulder, my friends neck / shoulder pain (by the way he does not believe in this kind of stuff but his pain still went away) an other coworker had pain stain from lifting something and it helped her and even my mom that is on major pain meds got relieve in her wrists from that recipes. So I am really excited about this book.

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