



The Essential Oils Handbook: All the Oils You Will Ever Need for Health, Vitality and Well-Being

By Jennie Harding

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Whether it's rosemary oil for sore muscles or ylang-ylang to calm the mind, aromatic oils play a major role in today's holistic approach to health. They're used in massage, in aromatherapy, and to create a positive ambience at home and at work. This attractive new addition to the *Essential Handbook* series is both a reference and a guide to these oils and their life-enhancing properties. The main attraction is a directory of 100 oils, complete with a discussion of the benefits of each for body, mind, and spirit, and suggestions on how it can be used. Gorgeous photographs showcase the plants that yield each oil, and an introductory section describes their traditional applications in different cultures around the world.

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Editorial Review

About the Author

Jennie Harding BA, TIDHA, MIPTI, HNC has over 17 years' experience as a specialist and healer working with essential oils, and was Senior Essential Oil tutor at the Tisserand Institute in London for 13 years. She has written books on subjects ranging from aromatherapy, herbs and incense to stress management and natural beauty. Among these is Aromatherapy Massage for You (DBP).

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