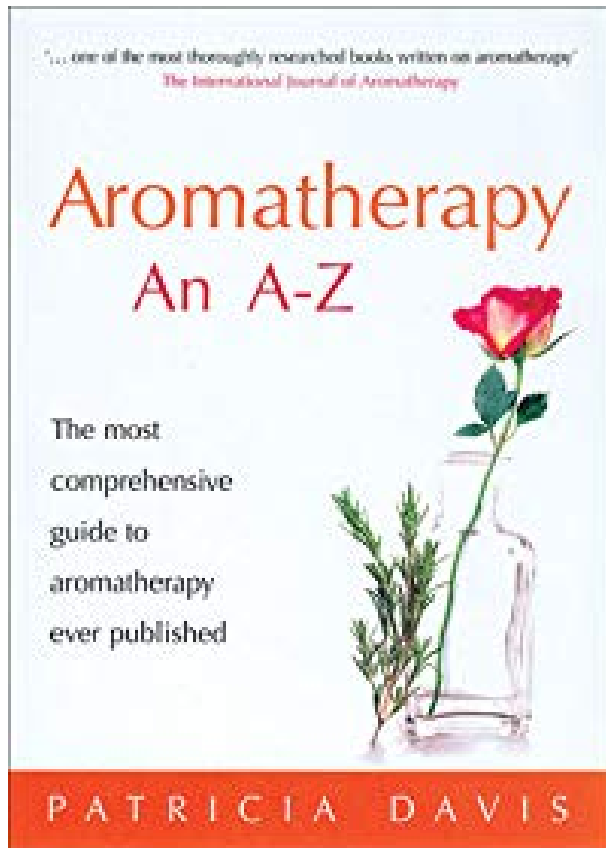


Aromatherapy An A-Z: The most comprehensive guide to aromatherapy ever published



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This is the most comprehensive encyclopaedia of aromatherapy available today, with over 400 entries covering more than 200 conditions, and 82 essential oils. It explains the properties of essential oils and the health conditions that benefit from them. There is also advice on hazardous oils. There are recipes and formulae for baths, creams and tonics. All the entries are comprehensive, fluently written and provide an easy-to-understand introduction to a wide range of topics.

'The simple fact that the a-z has sold over 300,000 copies worldwide since it was first published speaks for itself.

It has earned and kept its place amongst the handful of indispensable reference books on aromatherapy ... this book has been justly subtitled 'the aromatherapist's Bible' - Aromatherapy Quarterly '...

one of the most thoroughly researched books written on aromatherapy' - The International Journal of Aromatherapy