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# Aromatherapy For Healing The Spirit Restoring Emotional And Mental Balance With Essential Oils

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Aromatherapy is a holistic healing treatment that uses natural plant extracts to promote health and well-being. Sometimes it's called essential oil therapy. Aromatherapy uses aromatic essential...

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Founding Co-Chair of the International Federation of Professional Aromatherapists (IFPA) and author of Aromatherapy for Healing the Spirit Gabriel Mojay first studied natural medicine in 1978, initially training in Shiatsu Therapy and Oriental Medicine. He later became a registered member of the Shiatsu Society.

~~Gabriel Mojay, Institute Principal~~

Aromatherapy for Healing the Spirit: A Guide to Restoring Emotional and Mental Balance Through Essential Oils by Gabriel Mojay (Principal, Institute of Traditional Herbal Medicine & Aromatherapy, Suffolk; Private Practitioner of Traditional Chinese Medicine & Aromatherapy/Aromatic Massage)

~~Aromatherapy for Healing the Spirit By Gabriel Mojay ...~~

Aromatherapy for Healing the Spirit is a beautiful 192-page text. Whether at a beginning, intermediate or advanced level of aromatherapy knowledge, this text is a wonderful addition to any aromatherapy library. In this work, Mojay discusses the use of aromatics for emotional and spiritual well being.

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