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Aromatherapy Massage Ease tension from your body and clear out your mind by experiencing an essential oil based massage. Just make sure to mix the oil with a carrier oil so that you can actually feel the benefits. Stronger blends are best, so plan on using up to 20 drops of oil per ounce of carrier oil.

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Understanding Essential Oils: A Complete Guide For Beginners

It states it's a complete guide to the use of essential oils in aromatherapy and herbalism. Includes history and development, how they work, how to use, an index and an A-Z. It's fully illustrated in colour and very nicely layed out.

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The empowering aromas of essential oils can be a welcome addition to your daily routine, whether you need an aromatic pick-me-up or a sweet-smelling way to unwind—or anything in between. Using their uplifting aromas throughout the day can help you enjoy calm, inspiration, and serenity.

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Written by two of the leading voices in aromatherapy, Jade Shutes and Amy Galper, The Ultimate Guide to Aromatherapy is a progressive, comprehensive approach to using

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