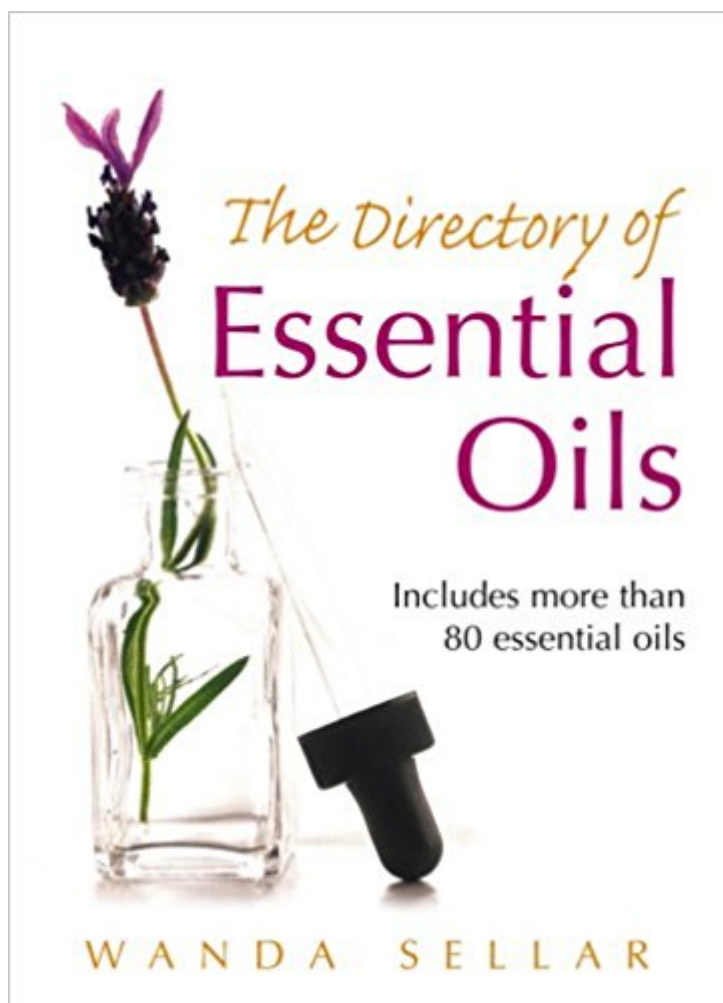


The book was found

The Directory Of Essential Oils: Includes More Than 80 Essential Oils



Synopsis

In this practical directory to 83 essential oils, each entry offers valuable information at a glance, including full descriptions of the oils' chemical constituents, aromas, and their effects on the mind and body.

Book Information

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Customer Reviews

"The research put into the production of this book is mind-boggling, making it the most comprehensive collection of facts relating to essential oils ever offered with aromatherapists in mind (earlier ones were very much geared to the perfume industry) and contains much information that is not readily available from other sources. A real 'must' for every aromatherapist's bookshelf" *
AROMATHERAPY QUARTERLY *

Charles William Daniel (1871-1955) was a maverick free-thinker whose tiny publishing house had august links with many of the most influential thinkers and movements of the 20th century. To wit, copies of Daniel's books could be found in the library at Ghandi's ashram. This spirit lived on after his death, and the company maintained its niche by publishing definitive texts on a variety of spiritual and esoteric subjects. Many of these titles, notably those on Aromatherapy and Bach Flower remedies, have become standard works on the subject. When the C.W. Daniel list went looking for a new home, the Vermilion and Rider imprints were the natural place for this wonderful collection of authors.

Starting out, you really can't do much better than this reference. It's an alphabetical listing of many oils along with some history and lore, properties, and usage guidelines. It's a fun, pleasant read (if you can handle a directory-style book) and, best of all, is full of elegant, beautiful illustrations that make it worth the purchase price alone. I really love that Sellar doesn't validate more wild claims as being facts, like other books do. She makes cautious suggestions, making it clear when something can't be documented or attributed. My only fault is that the Kindle version is poorly indexed and it's a little bit of a pain to navigate--something that wouldn't be a problem in a print edition.

This book is wonderful. My teacher was teaching us about aroma therapy and she has the older version of this authors book so I really got to look at it before I bought it. it really has so much about the oils, properties, benefits, and so much more. If your a massage therapist or looking for some herbal remedies this book is great!

Nice book! All the info I wanted on each oil, and it's helping me learn to blend oils. Then there's a section on different issues and what oils are good for it.

It is a nice thorough review of the oils. I only wish that there would be more on the oils in general.

I am very happy with this book. It has two pages on each oil describing the aroma, a description of the plant, the history and myths, chemical constituents, uses, precautions, and other oils it blends well with. At the back is a glossary, a blend chart, which catagorizes the types of oils, and a skin type chart. I have found it easy to use, and helpful in my home creations.

I love my book of Essential Oils. I needed a good reference and I got one

What an excellent book. It's full of helpful information!

Handy reference.

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