



## Aromatherapy For Dummies (Paperback)

By Kathi Keville

John Wiley Sons Inc, United States, 1999. Paperback. Condition: New. Language: English . Brand New Book. Whether it's the tang of ozone in the air just before a rainstorm, the homey smell of freshly baked bread, or the inspiring scent of roses, natural aromas are everywhere with us, influencing our moods, and informing our perceptions. But natural aromas are capable of much more. Science is just beginning to reveal how aromas affect our bodies as well as our spirits, and what once seemed far-fetched that you can treat many common ailments with nothing more than a pleasing smell is now being taken seriously by many in the medical community. Yes, you can smell your way to good health, and now *Aromatherapy For Dummies* shows you how. This down-to-earth guide takes the mystery out of essential oils and other aromatherapy tools, and shows you how pleasing scents can cure what ails you and enhance your life at home and at work. Among other things, you'll discover how to: Safely and easily treat hundreds of common ailmentsIncrease focus and concentrationRelieve tension and relaxImprove athletic performanceEnhance romanceSniff out the right essential oilsCreate fragrant essences in your kitchenUnder the expert...



[DOWNLOAD PDF](#)



[READ ONLINE](#)

[ 8.79 MB ]

### Reviews

*Certainly, this is actually the very best job by any author. It really is rally exciting through studying time. You may like how the blogger write this pdf.*

-- **Rudolph Jones MD**

*Completely essential go through ebook. I was able to comprehended almost everything using this created e pdf. You will not sense monotony at anytime of your time (that's what catalogs are for relating to if you request me).*

-- **Timmothy Schulist**