



Godsfield Aromatherapy Bible: The Definitive Guide to Using Essential Oils

Gill Farrer-Halls

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This comprehensive introduction to aromatherapy explains how to choose and use essential oils for health, beauty and well-being. It contains everything you need to know about the subject, including skin-care treatments, massage techniques, how to create perfumes to suit different moods, simple remedies for common ailments and meditations for relaxation. It also provides a directory of 68 common and exotic essential oils, with each entry describing the characteristics of that oil, listing its main therapeutic properties and warning about any potential contraindications.

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