



Complete Aromatherapy Handbook: Essential Oils for Radiant Health

Susanne Fischer-Rizzi

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"When essential oils are put in a lamp, inhaled, applied to the skin, placed in bathwater, or even taken orally, a person can feel relaxed, energized, or uplifted. In this beautifully illustrated book, a holistic practitioner describes the history and physiological basis of aromatherapy, tells how to extract and store the oils, and gives detailed information on 27 of the most important essential oils, including their dosages and beneficial effects."--*Library Journal*.

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