



The Essential Guide to Essential Oils: The Secret to Vibrant Health and Beauty

Roberta Wilson

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The definitive resource for the holistic art of essential oils.

Essential oils are powerful, safe, and toxin-free tools for healing the body, mind, and spirit that have been around for centuries. Now, offering specific, easy-to-follow recipes to prevent illness, reduce stress, enhance physical and mental health, boost energy, and even revitalize appearance, *The Essential Guide to Essential Oils* (previously published as *Aromatherapy*) gives readers all the information they need to tap into this healing art and take charge of their health, including:

- An extensive A-to-Z list of common conditions and their essential oils remedies
- The basic principles of using essential oils, as well as the history, effects, and correct application of the most powerful healing recipes
- Techniques and tools for using plant essences and oils--from atomizers and baths to compresses and inhalants
- Unique beauty-care treatments for rejuvenating skin, hair, and body

The Essential Guide to Essential Oils teaches a healthier, more balanced, and sustainable lifestyle, helping readers start using essential oils in their daily lives--whether they've been doing so for years, or are just starting out.

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