



## Holistic Aromatherapy: Practical Self-Healing with Essential Oils (Paperback)

By Marc J. Gian

Ryland, Peters Small Ltd, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Heal your body, mind, and spirit using the power of essential oils. Are you seeking a natural and holistic way to improve your mental, emotional and physical wellbeing? And did you know that our sense of smell has the power to trigger and increase memory, change our mood and boost our immune system? In Holistic Aromatherapy you will find the foundations for harnessing this power and self-healing with essential oils, including the additional benefits of practical applications based on Chinese Medicine. Discover the healing connection between aromatherapy and Chinese Medicine, and learn about key essential oils - peppermint, lavender, rose, eucalyptus and many more - and their unique personalities and applications. Find out how to apply essential oils on acupressure points for enhanced benefits and make an essential bath oil, scrub, spray or steam inhalation, as well as simple massage techniques and compresses for pain relief. Whether you need relief from a common cold, have a digestive concern or suffer from back and neck pain, or if you are looking to improve your memory or seeking relaxation and a calm mind, enter the scent-filled...



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