



The Illustrated Encyclopedia of Essential Oils: The Complete Guide to the Use of Oils in Aromatherapy and Herbalism

Julia Lawless

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A guide to the most commonly available aromatherapy oils. It gives vital information on plant origins, medical herbalism and the properties and actions of herbs and essential oils. The book covers 165 oils, their actions, characteristics, principal constituents and folk traditions, as well as safety data, and aromatherapy and home use.

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