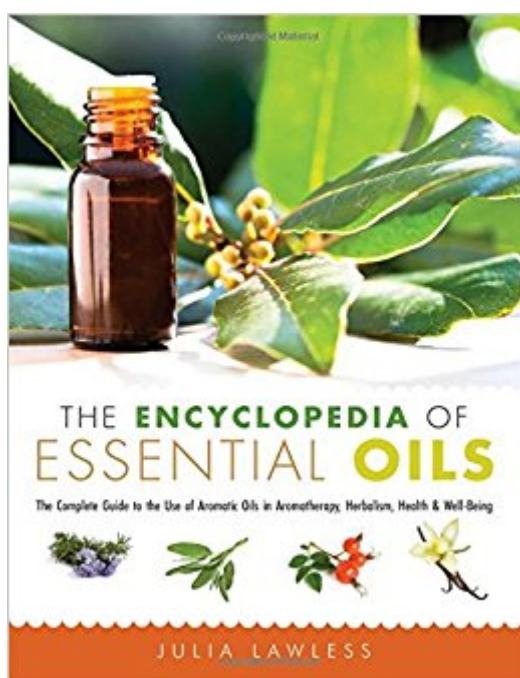


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# The Encyclopedia Of Essential Oils: The Complete Guide To The Use Of Aromatic Oils In Aromatherapy, Herbalism, Health, And Well Being



## Synopsis

The definitive A-Z reference guide to essential aromatherapy oils. Aromatherapy expert Julia Lawless shares her extensive knowledge in this detailed and systematic survey of more than 190 essential aromatherapy oils. From commonly used oils such as lavender and tea tree oils to the more obscure oils including deertounge, oakmoss, cananga, and angelica, The Encyclopedia of Essential Oils offers a wide variety of uses and cures for everything from wrinkles to kidney stones. The Encyclopedia of Essential Oils gives detailed information on the most commonly available and widely used flower oils and aromatics including: the exact origins, synonyms, and related plants; methods of extraction; the herbal/folk tradition for each plant; the uses of each plant; aromatherapy applications; home and commercial uses. This easy-to-use volume lets you access essential information in a variety of ways with a Therapeutic Index, a Botanical Index, and Botanical Classifications, plus safety information.

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## Customer Reviews

The Definitive A to Z Reference Guide to Aromatherapy Oils A Comprehensive Guide to Aromatherapy, Herbalism, and Holistic Health Care This easy-to-use volume lets you access essential information in a variety of ways with a Therapeutic Index, a Botanical Index, and Botanical Classifications, plus safety information. Part I: An Introduction to Aromatics Part I is a general introduction to aromatics, showing their changing role throughout history, from the ritual part they played in ancient civilizations, through medieval alchemy, to their modern day applications in aromatherapy, herbalism and perfumery. Part II The Oils Part II is a systematic survey of over

160 essential oils shown in alphabetical order according to the common name of the plants from which they are derived. Detailed information on each oil includes its botanical origins, herbal/folk tradition, odor characteristics, principal constituents and safety data, as well as its home and commercial uses.    Table of Contents    Historical Roots    Aromatherapy and Herbalism    The Body - Actions and Applications    How to use Essential Oils at Home    Creative Blending    A Guide to Aromatic Materials

Use This Book As A Concise Reference Guide to Aromatic Plants and Oils

Botanical Index   Find the name of the plant or oil in the back of the book, where it is listed under:

a) Its common name.   b) Its Latin or botanical term.   c) Its essential oil trade name.   d) Or by its folk names: gum thus.    Botanical Classification   Other varieties of the plant or oil may be found

in the Classification section under their common family name, along with their related species.

Lavender, True (*Lavandula angustifolia*)   Learn all about each species from the general descriptions, to where it is found, to related species, folk traditions, its uses and characteristics and safety. For example did you know A few drops of lavender in a hot foot bath has a marked influence in relieving fatigue.

Use This Book As A Self-Help Manual on Aromatherapy   Therapeutic Index with Guidelines

Essential oils can be used to treat a wide range of common complaints with the most useful or readily available and commonly available oils for a particular condition are shown in italics.   How to

Use Essential Oils at Home and Creative Blending   The various methods of application are indicated by the letters M, massage; C, compress; B, bath etc. Turn to How to Use Essential Oils at Home and Creative Blending provides detailed instructions on applications and how to make up a massage oil or compress, and how many drops of oil to use in a bath.    Ailments are grouped

according to body parts    Skin Care    Circulation, Muscles and Joints    Respiratory System    Digestive System    Genito-urinary and Endocrine Systems    Immune System    Nervous System

View larger    Use This Book As A Comprehensive Text Book   The Encyclopaedia of Essential Oils provides a wealth of information about the essential oils themselves in all their various aspects, including their perfumery and flavoring applications. It shows the development of aromatics through history and the relationship between essential oils and other herbal products. It defines different kinds of aromatic materials and their methods of extraction, giving up-to-date areas of production. In addition, it includes information on their chemistry, pharmacology and safety levels. The

Actions ascribed to each plant refer either to the properties of the whole herb, or to parts of it, or to the essential oil. Difficult technical terms, mainly of a botanical or medical nature, are explained in the General Glossary at the end of the book.

"At last a clear and systematic distillation of useful information about a truly comprehensive spectrum of essential oils and absolutes." --John Steele, American Aromatherapy Association  
"A comprehensive and timely contribution to aromatherapy, herbalism and the whole field of holistic health care. An authoritative, reliable guide that will serve its readers for many years." --David Hoffmann, the American Herbalists Guild & California School of Herbal Studies

'THE COMPLETE GUIDE TO THE USE OF AROMATIC OILS IN AROMATHERAPY, HERBALISM, HEALTH AND WELL-BEING' Aromatherapy expert Julia Lawless shares her extensive knowledge in this detailed and systematic survey of over 190 aromatherapy oils. Using a comprehensive A to Z presentation, 'The Encyclopedia of Essential Oils' gives detailed information on the most commonly available and widely used flower oils and aromatics, including:

- The exact origins, synonyms and related plants
- Methods of extraction
- The herbal/folk tradition for each plant
- The uses of each plant
- Aromatherapy applications
- Home and commercial uses
- Safety information

This is the definitive reference guide to essential oils, covering every aspect you need to know about aromatic oils from their history and how they work on your body and mind and how you can make your own individual blends. Indispensable to aromatherapists in their healing work as well as to anyone interested in the use and potential of essential oils. "A clear and systematic distillation of useful information about a truly comprehensive spectrum of essential oils and absolutes." John Steele, American Aromatherapy Association

"An incredibly complete work that is easy for anyone to understand. It is a must for practitioners of the healing arts." Al Rapaport, Whole Health Expos

"A comprehensive contribution to aromatherapy, herbalism and the whole field of holistic health care. An authoritative, reliable guide that will serve its readers for many years" David Hoffman, author of the best-selling 'The New Holistic Herbal'

JULIA LAWLESS is a practicing, qualified aromatherapist and member of The International Federation of Aromatherapists. She is the author of numerous highly respected and successful aromatherapy books, including 'Complete Illustrated Guide to Aromatherapy' and 'Illustrated Elements of Essential Oils' (Thorsons). --This text refers to an alternate Paperback edition.

This is an excellent book and I highly recommend it! If you're just starting out with essential oils I recommend this book. This book talks about some of the most common essential oils and also some of the most complex essential oils. She also lists all the safety information for each essential oil as well which is a huge Plus!! She talks about the origin of each essential oil, the plant parts that are used, dilutions and what other essential oils might mix well with others essential oils. Everything about this book is exceptional!! There's also some history on essential oils.

My #1 go to.. love this book. Exactly what I've been looking for...folklore..origin..subspecies..constituents..uses..all in there! Even includes rarer oils that most books don't contain. Highly recommend!

It's an ok guide but I would not go so far as to call it an encyclopedia. I use essential oils and wanted a version for my computer tablet to use as a quick reference. There are better guides out there.

I purchased this as I started to dabble in essential oils. I found this Encyclopedia of Essential Oils to be especially helpful when finding what oils are good for what things. I also like the fact that it is on my Kindle instead of having to lug around a heavy book. This book is well written and easy to understand and I would recommend it to anyone that is starting out with essential oils. If you haven't tried essential oils, I really recommend you do. They have so many uses, from ailments to just aromatherapy. Get a diffuser and try some citrus scents to start out. You will not regret it!

This is a great book for beginners! There is so much information, and it's written in a way that anyone can understand, even if they're new to aromatherapy. Honestly, I think it would be a good reference book for anyone, even veteran essential-oil users. I highly recommend it.

A great book. Full of recipes and suggestions from a teething baby to phenomina. One of the best I have ordered and I have alot.

My wife is big into the aromatherapy essential oils stones things like that. She's taken courses on it, she talks about it with their friends, and she reads about them on the Internet. I wanted to be nice to her so I got her this book as a surprise. She loves it. The book covers a lot of stuff. It's got some history of different routes and things so information about aromatherapy and a herbalism. The stuff

she found more interesting though is it also tells about the body and actions and applications for the oil basically how whales work what they do to different parts of the body and how they can affect things. Later in the book it shows how to use them at home for things such as massage, skin oils and lotions, hair care, etc. I personally enjoy the massage aspect. The book also teaches about creative blending of the oils which she really enjoyed. She's been mixing different ones according to the book and having a great time doing. At 194 pages, this book is a great buy for somebody who likes essential oils aromatherapy and such. I don't want to mislead you though, this isn't like a paperback book on aromatherapy. The portions I mentioned before that she liked reading are only about 38 pages. The rest of the book just tells about the different types of oil. Essentially, you'll see a family, synonyms, general description, distribution, herbal/folk tradition, actions, extraction (how the oil is obtained), characteristics, principal constituents (chemical makeup), safety data, home applications, and other uses for each oil. The book is really more of a reference material than a book for beginners. There are a few pictures, but they're just drawings and not all that interesting; I don't want to give the impression that they don't break up the text a little bit and some of them are actually useful diagrams or representations of the source plant, but were not talking about full-color pictures of everything. I kind of wish there were more diagrams of more different plants, but maybe that would've made the book too long. Anyway, good book and I suggested if you're already into oils otherwise start off with a different book and come back to this one.

This is a very comprehensive encyclopedia. The section on the oils is very detailed and complete. There are 13 categories for each listing. Besides the oils there are chapters on historical roots; aromatherapy and herbalism; the body-actions and applications; how to use essential oils at home; creative blending; and a guide to aromatic materials. It also has a therapeutic index as well as a botanical index and classification section.

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