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Aromatherapy and Essential Oils for Beginners

Kimberly Jones

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Aromatherapy and Essential Oils for Beginners

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Aromatherapy and Essential Oils for Beginners Kimberly Jones
This book is an attempt to throw some light on the basics of aromatherapy and various uses of essential oils. It contains easy and practical methods of using essential oils. This book contains more than 100 sample recipes, you can make at home, from skin care to home making. But it is not a simple recipe book, it is a guide book. You will use it to understand the compositions of any particular blend to be used for some specific purpose. After reading this book you will be able to decide the component/essential oils of any specific blend and the percentage of the oils in that blend. It will help you establish this foundation for your new skills as an aromatherapist.

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