



# Essential Aromatherapy: A Pocket Guide to Essential Oils & Aromatherapy

*Susan Worwood, Valerie Ann Worwood*

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**Essential Aromatherapy: A Pocket Guide to Essential Oils & Aromatherapy** Susan Worwood, Valerie Ann Worwood

Here is a complete guide to aromatherapy, a modern healing technique with ancient origins. Essential Aromatherapy organizes essential oils into alphabetical listings, providing their profiles, applications, and the physical and emotional conditions that warrant their use. Also included are detailed treatments for a variety of ailments and special circumstances.

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