



Aromatherapy Scent and Psyche Using Essential Oils for Physical and Emotional Well-Being

By Peter Damian

Healing Arts Press. Paperback. Book Condition: New. Paperback. 264 pages. Dimensions: 9.0in. x 6.0in. x 0.7in. Aromatic oils have been used for thousands of years not only for their fragrance but for culinary, therapeutic, ritual, and spiritual purposes. More than a fashionable trend, aromatherapy is coming into its own as a body of knowledge and practice with specific applications that have a solid scientific base. Drawing on research and clinical studies, Peter and Kate Damian look at many applications from treating viral infections with garlic or black pepper oil to using rose oil to relax patients undergoing chemotherapy; from aromatic massage to the environmental fragancing of subways and supermarkets. Explores: How scent interacts with emotion, memory, mental acuity, and sleep Why specific scents are so effective in therapeutic and ritual settings Antiseptic and antimicrobial properties of essential oils How men and women differ in their responses to odors Provides a thorough exposition of the ancient practice of aromatics in China, India, Persia, and Egypt Details our modern scientific understanding of the physiology and psychology of scent. Includes annotated profiles for forty-four essential oils and specific instructions for creating essential oil blends. This item ships from multiple locations. Your book may arrive...



READ ONLINE
[1.85 MB]

Reviews

Undoubtedly, this is the best function by any writer. This really is for those who stante there was not a really worth reading. Its been written in an exceptionally basic way which is merely right after i finished reading through this book by which really transformed me, change the way i really believe.

-- **Dr. Deonte Hammes DDS**

Without doubt, this is the very best function by any writer. It typically will not charge too much. I discovered this publication from my dad and i encouraged this pdf to discover.

-- **Clement Stanton**

Relevant Books



Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications .

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the...



Joey Green's Rainy Day Magic: 1258 Fun, Simple Projects to Do with Kids Using Brand-name Products

Fair Winds Press, 2006. Paperback. Book Condition: New. Brand new books and maps available immediately from a reputable and well rated UK bookseller - not sent from the USA; despatched promptly and reliably worldwide by Royal Mail;



Learn at Home:Learn to Read at Home with Bug Club: Pink Pack Featuring Trucktown (Pack of 6 Reading Books with 4 Fiction and 2 Non-fiction)

Pearson Education Limited. Paperback. Book Condition: new. BRAND NEW, Learn at Home:Learn to Read at Home with Bug Club: Pink Pack Featuring Trucktown (Pack of 6 Reading Books with 4 Fiction and 2 Non-fiction), Catherine Baker, Alison Hawes, Jon Scieszka, Margaret Clyne,...



Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead. Academic exercises are based on Common Core...



Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.



Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.