



The Complete Book of Essential Oils and Aromatherapy: Over 600 Natural, Non-toxic & Fragrant Recipes to Create Health • Beauty • A Safe Home Environment

Valerie Ann Worwood

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This encyclopedic book contains, in practical and easy-to-understand form, every conceivable use for essential oils and aromatherapy in everyday life. The author, a practicing aromatherapist for more than twenty years, unlocks the power of essential oils in more than 600 original recipes, most needing only a few essential oils. Unlike over-the-counter products, the recipes you make yourself contain no harmful preservatives. Most basic needs can be covered with just ten essential oils.

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