



The Encyclopedia of Essential Oils: The Complete Guide to the Use of Aromatic Oils In Aromatherapy, Herbalism, Health, and Well Being

By Julia Lawless

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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 By Julia Lawless

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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Editorial Review

Review

"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

From the Back Cover

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).

About the Author

Julia Lawless is the founder of the London-based essential oils shop, Aqua Oleum. She is a practicing, qualified aromatherapist, and a member of the International Federation of Aromatherapists. She is the author of several aromatherapy books, including the *Illustrated Elements of Essential Oils*. Visit her at: www.aqua-oleum.co.uk

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