

The Aromatherapy Encyclopedia

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Aromatherapy is based on the usage of aromatic materials, including essential oils, and other aroma compounds, with claims for improving psychological or physical well-being. It is offered as a complementary therapy or as a form of alternative medicine, the first meaning alongside standard treatments, the second instead of conventional, evidence-based treatments. Aromatherapists, people who specialize in the practice of aromatherapy, utilize blends of supposedly therapeutic essential oils that c

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THE AROMATHERAPY ENCYCLOPEDIA includes information on the proper safety and handling of oils, extraction methods, practical everyday uses, documented properties and methods of use. Chapters detail ancient historical to present-day uses from around the world for carrier oils, essential oils, Co2 extracts, absolutes and infused oils.

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