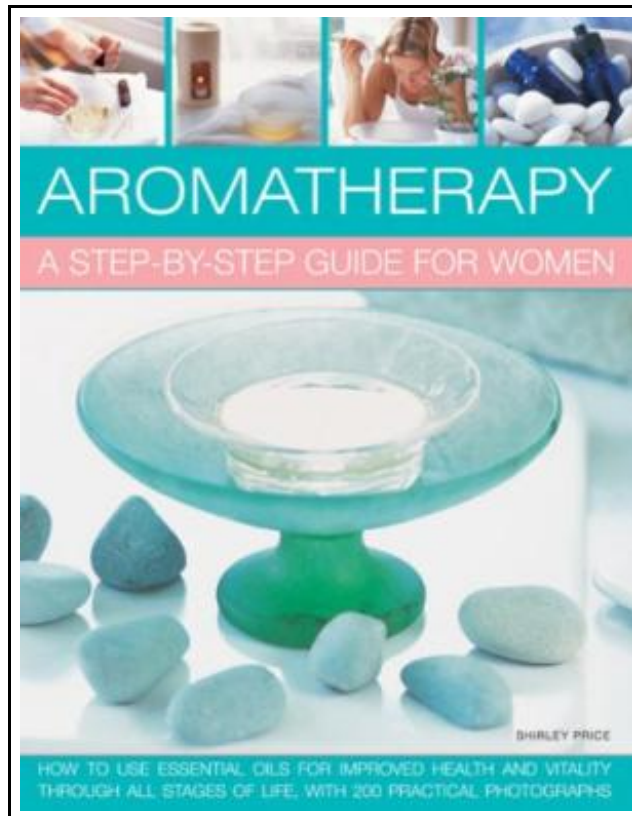


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Hermes House. Paperback. Book Condition: new. BRAND NEW, Aromatherapy: A Step-by-step Guide for Women: How to Use Essential Oils for Improved Health and Vitality Through All Stages of Life, with 200 Practical Photographs, Shirley Price, This is a practical, illustrated guide to essential oils: what they are, how they work, and which oils and blends can be used to target specific problems and restore the mind-body harmony that is needed for health and vitality. It shows you how to use aromatherapy oils for conditioning the skin, hair, nails and body; in relief treatments for common ailments; and dealing with emotional strains such as low self-esteem, stress, anxiety, depression and grief. It includes advice and safety tips on how to use oils for baths, inhalations, gargles, drinks, compresses and massage. It offers natural ways to ease the everyday demands encountered throughout a woman's life. It is fully illustrated with 200 photographs and diagrams, including how-to sequences for the key techniques. This accessible guide shows how women can benefit from aromatherapy at every age. A chapter-by-chapter analysis of the key stages in a woman's life shows how aromatherapy can be used to ease everyday demands. The book covers using aromatherapy to treat emotional issues such as low confidence, stress and depression; to boost health and vitality with conditioning treatments for the hair, nails and body; to alleviate the physical discomforts of menstruation, pregnancy and the menopause; and to help keep flexible and strong in later life. Gentle, simple application techniques mean that aromatherapy can be used safely at home by women of all ages. Beautifully illustrated throughout, this useful guide offers expertly written, rewarding advice for women everywhere.

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