



Introductory Guide to Aromatherapy

Louise Tucker

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An Introductory Guide to Aromatherapy is an invaluable companion for both students and practitioners of aromatherapy. Helping learners gain the practical and theoretical skills necessary for successful aromatherapy treatments, the book's detailed list of fixed and essential oils also makes it a comprehensive reference for qualified professionals and home users alike.

Covering the history of aromatherapy, the key principles of plant identification, and the different methods of extracting oils, *An Introductory Guide to Aromatherapy* provides a thorough A-Z of the origin, properties, and uses of essential oils and a practical explanation of aromatherapy massage techniques. Also including useful information on the buying and storage of oils along with a chapter of sample treatment case studies, this book gives all the knowledge required to become a rounded and confident aroma therapist.

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