

"A valuable book for everyone interested in aromatherapy..."
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essential aromatherapy

a pocket guide to essential oils & aromatherapy



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Essential Aromatherapy: A Pocket Guide to Essential Oils and Aromatherapy

Susan Worwood , Valerie Ann Worwood

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Essential Aromatherapy: A Pocket Guide to Essential Oils and Aromatherapy Susan Worwood , Valerie Ann Worwood

This lively A to Z reference guide shows readers how to prepare and use essential oils and use them for healing physically and emotionally. The handy book culls the best of THE COMPLETE BOOK OF ESSENTIAL OILS and organizes every oil into accessible, alphabetical listings. It includes individual oil profiles, applications, and the physical and emotional conditions that warrant their use.

Specific formulas for blending essential oils for a myriad of home and health applications are provided. Detailed treatment suggestions for such special circumstances as pregnancy, children and babies, chronic pain, terminal illness, and pre- and post-operative conditions are included. This is an easy-to use guide for every reader, or a handy reference for those who already use The Complete Book of Essential Oils and Aromatherapy.

Essential Aromatherapy: A Pocket Guide to Essential Oils and Aromatherapy Details

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Vannoy Fite says

The Worwoods are my go-to people for learning anything about essential oils. They are so down to my level when explaining how and why they work. This book was required for our clinical, and it sure was handy and easy to use.

Jessica says

has some good basic info, including general wellness outside of EOs. I particularly liked the formatting of the EO profiles; as well as their 'glossary of therapeutic uses' and their general glossary of EO components (ie-acids, esters, lactones, phenols, etc).

I think this is a good resource/reference for those just becoming interested and intrigued with essential oils, as well as those that are on a journey to greater understanding of EOs and their use/effect.

Debbie says

wonderful reference. It talks about essential oils and their uses and even has a guide so you can look up an ailment and it will tell you what oils to use and how. You can also look up specific oils and see what it is used for and what blends well with it as well as other information about that oil. Also has instructions for self-use.

Helga Cohen says

This is a great book to have if you want to learn about essential oils. This is a comprehensive guide to aromatherapy and the essential oils are organized into alphabetical listings providing their profiles, applications and physical conditions that warrant their uses.

Essential oils have been around for centuries. They have been used for natural remedies to help heal skin conditions, alleviate pain and help relax the body and soothe sore muscles. Essential oils are concentrated plant essences and are called "oils" but most are watery a few are viscous and some are solid. They are characterized by their aromas, hence "aromatherapy".

I have found it invaluable in combining different essential oils to use in a diffuser. During the Christmas holidays it's nice to use a blend of oils consisting of cinnamon, clove, sweet orange, vanilla, pine, spruce, fir balsam and geranium and put a few drops into a diffuser. This disperses into the air and leaves a wonderful aroma in the room. It helps put moisture into a room as well. I also like to use a blend of eucalyptus, peppermint, cypress and bay to help breathing for respiratory issues and especially for colds. I love to use a blend of grapefruit, orange, tangerine, lemon and spearmint anytime. It is so invigorating.

Essential oils are also good for applying to the temples and other areas in diluted forms with a carrier oil like almond oil especially lavender oil and peppermint oil to help with a headache. For many years, I have been

using tea tree oil in shampoos and for cleaning and always have some around for first aid. There are so many medical uses for essential oils. This book explains many uses for them and is a very useful guide. It does not mention how to extract them and make them that will require a different kind of book. It is a very good resource for those becoming interested with essential oils.

Colin says

Excellent condensed aromatherapy resource!

Letitia says

This is an excellent guide and exactly what I was looking for in all respects except two: it does not discuss "at home extraction" and there are no recipes. I have lavender plants in my yard and would like to make my own lavender oil. However, I was also particularly interested in natural remedies for skin problems and pain, and this was a wonderful guide!

Naomi Ball says

This book has a lot of good practical information. I often refer to my copy.

Katrina Shreve says

great beginners guide

Gaia Love says

a great quick and easy reference for essential oils. great little pocket companion.

Pure diffuser says

Susan and Valerie put together this pocket guide with the essentials of the A - Z of Aromatherapy. Must read for anyone!
