



The Complete Book of Essential Oils and Aromatherapy, Revised and Expanded: Over 800 Natural, Nontoxic, and Fragrant Recipes to Create Health, Beauty, and Safe Home and Work Environments

By Valerie Ann Worwood

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A necessary resource for anyone interested in alternative approaches to healing and lifestyle, this book contains more than 800 easy-to-follow recipes for essential oil treatments. Now, completely updated, the best book on the topic available anywhere has just gotten better. No one has provided more thorough and accurate guidance to the home practitioner or professional than Valerie Ann Worwood.

In her clear and positive voice, Worwood offers readers tools to address a huge variety of health issues, including specific advice for children, women, men, and seniors, as well as self defense against microbes and contaminants, dealing with emotions, care for the home and workplace, and specialist advice for athletes, dancers, travelers, cooks, gardeners, and animal lovers. Worwood offers us her expertise in the use of essential oils in beauty and spa treatments, as well as providing profiles for 125 essential oils, 37 carrier oils, and more.

Since the first publication of the book 25 years ago, the positive impact of essential oil use has become increasingly recognized as scientific researchers throughout the world explore essential oils and their constituents for their unique properties and uses.

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Editorial Review

Review

“The bulk of the book is devoted to how to use essential oils for healing and wellness. There are specific recipes and instructions for everything from work stress to head lice to spa treatments to applications for pets. It’s a perfect addition to every home library.”

? Anna Jedrzewski, *Retailing Insight*

“Impressively thorough, well organized, and with a clear table of contents, Worwood’s book is easily navigable to find information symptom by symptom, oil by oil, or topic by topic (such as workplace or travel). . . . Worwood’s tone is positive and pragmatic. With benefits for whole-body health, home, and beauty, the promise of essential oils seems too good to be true, but Worwood’s research, experience, and diligent instruction, along with her calm voice, prove the might of natural oils.”

? Foreword Reviews

About the Author

Valerie Ann Worwood has a doctorate in complementary health and is a clinical aromatherapist who teaches throughout the world training therapists and medical practitioners. Her books include *The Fragrant Mind*, *The Complete Book of Essential Oils and Aromatherapy*, *Aromatherapy for the Healthy Child*, *Endometriosis Natural Treatment Program* (with Julia Stonehouse) and *Aromatherapy for the Soul*.

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