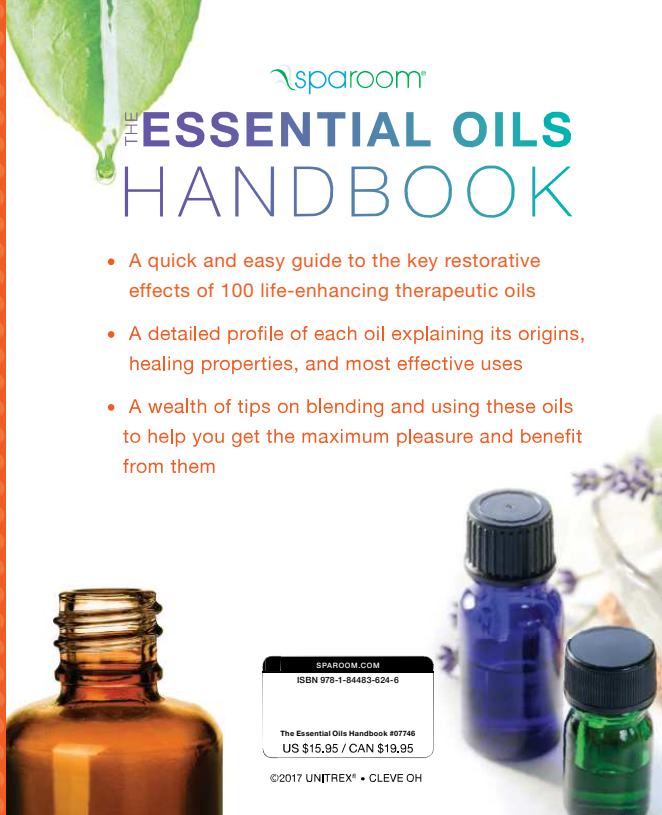


About the Author

A highly respected aromatherapist, lecturer and author, Jennie Harding has written books on topics from essential oils, herbs, incense and crystals to chakra healing, stress management and natural beauty. Her previous titles include *Aromatherapy Massage for You*, *Live Better: Aromatherapy and Live Better: Chakra Therapy*, all for Watkins. Jennie has been teaching and lecturing on aromatherapy in the UK and internationally for the past 20 years. She currently works for Tisserand as resident aromatherapy expert, Head of the Tisserand Academy and Product Technical Adviser.

Cover art by:
SPAROOM



- A quick and easy guide to the key restorative effects of 100 life-enhancing therapeutic oils
- A detailed profile of each oil explaining its origins, healing properties, and most effective uses
- A wealth of tips on blending and using these oils to help you get the maximum pleasure and benefit from them

JENNIE
HARDING



THE ESSENTIAL OILS HANDBOOK

SPAROOM®



SPAROOM®

THE ESSENTIAL OILS HANDBOOK

All the Oils You Will Ever Need for Health, Vitality and Well-Being



JENNIE HARDING

For centuries, people across the world have enjoyed the aromatic pleasures and countless health benefits of the wonderful oils that come from nature's many plants, flowers and trees. *The Essential Oils Handbook* introduces you to no less than 100 of these life-enhancing substances.

Not only does it explain the history of oils around the world and how they work, but it teaches you how to integrate them simply and safely into your daily life – whether via relaxing baths, healing inhalations, invigorating massages or soothing compresses.

An in-depth profile for each of the 100 oils presents the key therapeutic benefits, safety information and most effective blends for specific purposes. Fascinating details of folklore's healing traditions lend extra depth to each profile, as do stunning color photographs of the plant from which each oil is extended.

This book is the ideal way to bring the power of scent and the wonder of aromatherapy into your life – whether to soothe aching muscles, relieve anxiety and tension, give your skin a much-needed boost or simply lift your mood.