

Aromatherapy Solutions to lift the mind, body

Veronica Sibley

and spirit



Angela Mogridge

Aromatherapy Solutions Veronica Sibley, 2005-03-01 The natural power of aromatherapy can revitalize body and spirit which is why it has become one of the most popular complementary therapies Take advantage of its unique healing potential with this beautifully photographed guide now available in this smaller handier format Here is complete guidance on blending the oils and choosing the right ones to relieve a wide range of physical and emotional symptoms from colds to digestive disorders from skin breakouts to anxiety An illustrated full body massage sequence practically guides your hand stroke by stroke through a sensual massage There are also massages meant for babies and children and to aid relaxation For quick reference a directory sets out the properties of all the recommended essential and carrier oils **Your Best Medicine** Mark A. Goldstein, Myrna Chandler Goldstein, Larry P. Credit, 2009-03-17 Integrative medicine the practice of combining remedies from various therapeutic disciplines to optimize relief and speed healing is transforming both how health professionals treat disease and how patients manage their own care Your Best Medicine introduces the reader to this new world of healing options for everyday ailments like dry skin fatigue and indigestion as well as more serious conditions like diabetes heart disease and obesity All of the treatments and techniques in Your Best Medicine have been handpicked by two practitioners one a conventionally trained MD the other a specialist in complementary therapies based on established therapeutic protocols research evidence and clinical experience Conventional and complementary remedies appear side by side so readers can evaluate at a glance the remedies relative effectiveness safety and ease of use Every entry in Your Best Medicine also provides important information on risk factors symptoms and diagnostic techniques as well as preventive measures Armed with this knowledge readers can make decisions wisely and confidently at every stage of their care The **British National Bibliography** Arthur James Wells, 2005 1,001 Smart Self-care Strategies for Women Sharon Forthcoming Books Rose Arny, 2003 Eesti rahvusbibliograafia, 2004 100 Best Spas of the World Faelten,2001 Bernard Burt, Pamela Joy Price, 2003 Both first timers and avid spa goers will adore this guide to the top 100 spas in the world Details on spas at resorts on cruise ships in world class hotels on remote islands and in centuries old cities along with full color photographs make selecting a relaxing getaway stress free Books In Print 2004-2005 Ed Bowker Staff, Staff Bowker, Ed, 2004 100 Best Spas of the World Bernard I. Burt, Pamela J. Lechtman, 2001 This selective full color guide to the 100 best spas throughout the world includes destination spas which focus on wellness and life enhancement programs and resort spas which combine fun and fitness 10 maps Yoga Journal, 1996-10 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **Time Out London Shops and Services** Time Out, 2006-10 Including shops as well as services this title covers outlets

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