



Aromatherapy Solutions

Essential oils
to lift the
mind, body
and spirit

Veronica Sibley



Aromatherapy Solutions Essential Oils To Lift The Mind Body And Spirit

Bernard I. Burt, Pamela J. Lechtman



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interested in a lifestyle that is uniquely Southern Californian **Vegetarian Times** ,2007 The Little Book of Aromatherapy Angela Mogridge,2021-10-14 An introduction to everything you need to enhance your life through aromatherapy The Little Book of Aromatherapy demonstrates how each essential oil works what it can be used for and when to consult a professional This mini manual covers ways of blending oils for special purposes and shows which essences blend well with others Readers can learn about the health and emotional benefits that oils can provide and can even pick up tips on using oils to treat animals or around the house Cedarwood Note Cedarwood should not be used during pregnancy Cedarwood essential oil is said to have a calming grounding effect on the nervous system and on a spiritual level it brings people together It has a pleasant woody smoky aroma that blends well with bergamot frankincense jasmine lavender neroli and rose Users often find that cedarwood instils a sense of peace and it is favoured by those who meditate Cedarwood stimulates the lymphatic system which makes it excellent for respiratory conditions such as catarrh asthma or bronchitis

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