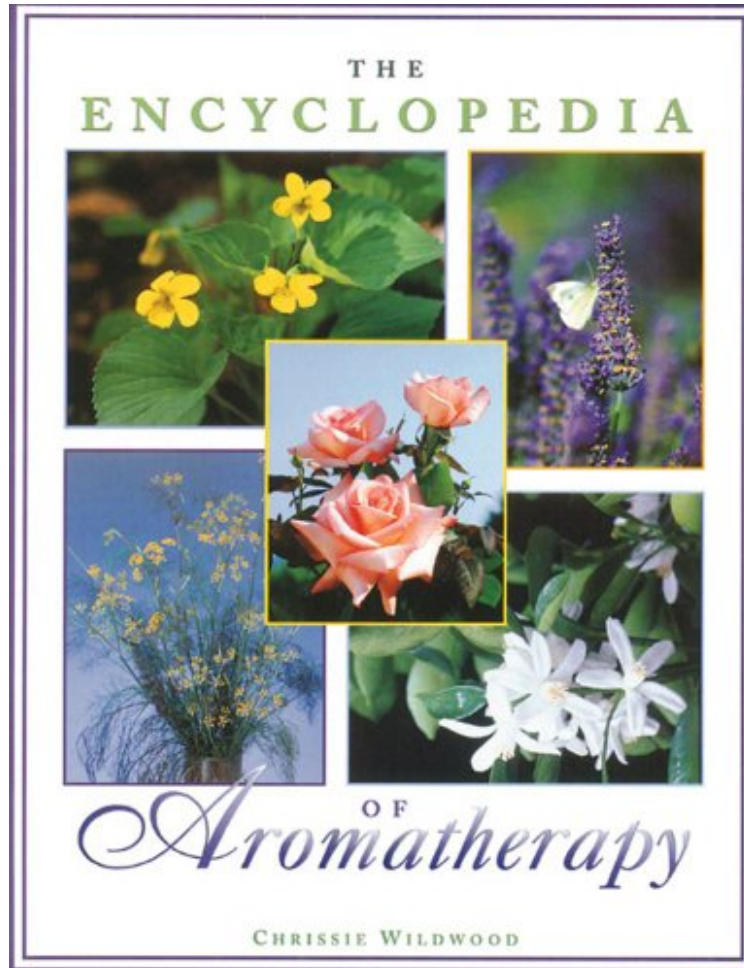


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Chrissie Wildwood

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healing art in a single, illustrated volume. The author discusses all things aromatic, from essential oils to garden plants, with recipes for blending essential oils and practical tips for creating perfumes and beauty products. The numerous therapeutic uses of aromatherapy are applied to 10 major systems of the body with specific remedies given for more than 70 ailments. Color photographs illustrate step-by-step a full-body aromatherapy massage, accompanied by specific advice on massaging pregnant women, babies, children, and elderly people. There is also a helpful section concerning sports injuries. Useful for the beginner, this comprehensive reference is an invaluable addition to the library of the serious student and professional practitioner of aromatherapy.

"The Encyclopedia of Aromatherapy offers the most elegantly comprehensive package on the whole art and science of aromatherapy written to date. It deservedly takes its place among the small handful of indispensable reference books on this fascinating therapy." (Seza Eccles, editor of *Aromatherapy Quarterly*) There is quite a bit of reference information contained here! It goes beyond what you might expect in an aromatherapy book, too, making it extremely useful...I think this would be a useful addition to any natural home health library. (Rachel Ramey, *Titus2Homemaker.com*, May 2013) About the Author Chrissie Wildwood is a holistic practitioner of aromatherapy and one of Great Britain's leading writers on the subject. She is the author of *Creating Your Own Perfumes*, *Creative Aromatherapy*, and *Sensual Aromatherapy*. She has made numerous television and radio appearances and regularly writes articles for a number of health magazines.