



# Aromatherapy

*Roberta Wilson*

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## **Aromatherapy** Roberta Wilson

Aromatherapy, the centuries-old practice of using botanical scents and oils for physical and psychic benefit, reached its peak of popularity in the early 2000s. Roberta Wilson's essential resource for aromatherapy offers hundreds of healing recipes for compresses, baths, inhalants, air fresheners, and skin-care products specifically designed to assuage common disorders and complaints. Organized in a handy A-to-Z format, ***Aromatherapy*** is the most trusted sourcebook for this gentle healing art. First published in 1995, Wilson's guide is here revised and expanded to cover a wider selection of essential oils, more health conditions, and more ways of incorporating aromatherapy into your life.

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