



Aromatherapy Essential Oils Guide

Miriam Kinai

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Aromatherapy Essential Oils Guide teaches you about the following 10 commonly used essential oils:

Chamomile (Roman) essential oil

Clary sage essential oil

Eucalyptus essential oil

Geranium essential oil

Lavender essential oil

Lemon essential oil

Peppermint essential oil

Rosemary essential oil

Tea tree essential oil

Ylang ylang essential oil

Topics covered in Aromatherapy Essential Oils Guide include:

1. The characteristics of these 10 essential oils
2. The therapeutic or health benefits of these 10 essential oils
3. The different ways you can use these 10 essential oils
4. The contraindications or when you should not use these 10 aromatherapy essential oils

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