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The Complete Illustrated Guide to Aromatherapy: A Practical Approach to the Use of Essential Oils for Health and Well-Being (Colour Health Reference Series)

Julia Lawless

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This full color encyclopedia of remedies and techniques covers every application of aromatherapy from cosmetics, massage, and clinical aromatherapy to perfumery, and explains how aromatic oils can be used simply and effectively to treat a wide range of health complaints.

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