



The Practice of Aromatherapy

By Dr. Jean Valnet

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The Practice of Aromatherapy By Dr. Jean Valnet

This is an intensive study of nearly 50 plants and essences, investigating their history, properties, uses, and methods of application. Case histories are provided, as well as information on the gathering and conservation of plants and a glossary of medical terms

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From Scientific American

Flowers and herbs have long been noted for their healing properties. Discover the wonders of floral remedies and some very unconventional, but often effective, medicine.

Review

"Aromatherapy is one of the hottest trends in the natural foods industry." (*Natural Foods Merchandiser*)

"Flowers and herbs have long been noted for their healing properties. Discover the wonders of floral remedies and some very unconventional, but often effective, medicine." (*Harper's Bazaar*)

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