



## Essential Oils: All-natural remedies and recipes for your mind, body and home

By Susan Curtis, Fran Johnson

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### Essential Oils: All-natural remedies and recipes for your mind, body and home

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An instructional reference guide to essential oils and aromatherapy from the experts at Neal's Yard Remedies, a trusted source for natural health and beauty products.

Learn how to harness the healing powers of essential oils for treating maladies and improving mental and physical well-being. Use homeopathic alternatives to treat everyday health issues, including acne, PMS, insomnia, and indigestion, and rebalance your energy, enhance your focus, and release stress.

Whether you live an all-natural lifestyle or you are just beginning to use alternative methods to eliminate synthetic chemicals from your everyday products, *Essential Oils* is packed with authoritative information to answer your questions. This visual guide features comprehensive profiles of 88 essential oils, full-color photographs, and helpful guidance for using, blending, and storing.

An illustrated A-to-Z reference section helps identify the most useful oils, plus shares tips on application methods and massage techniques, and up-to-date safety recommendations help you learn how to use them for maximum benefit.

*Essential Oils* can help you improve your overall well-being and start you on the path to a more natural you.

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