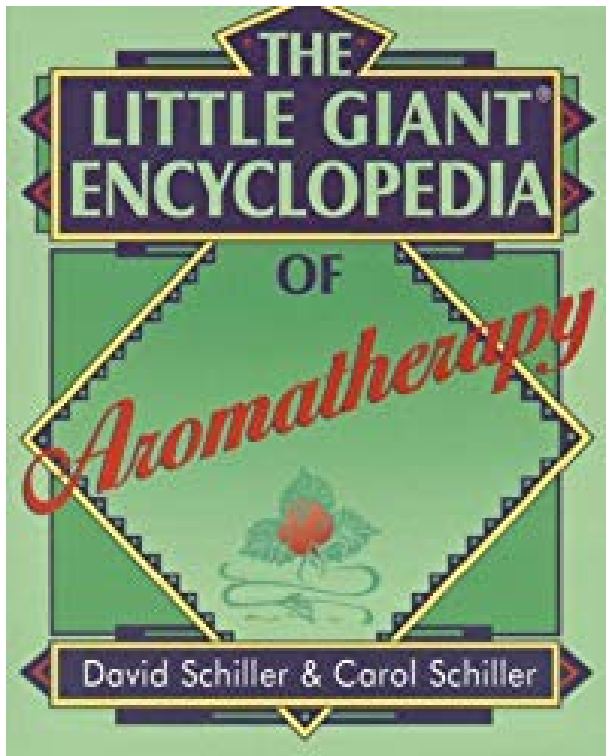


The Little Giant® Encyclopedia of Aromatherapy



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Harness the power of scents to elevate your mood, lift your spirits, and beautify and heal your body. With the more than 450 recipes in this handy reference you will create enjoyable and effective products. Transform a room into a haven that smells like a garden of flowers or a fresh forest. Make bath salts, skin creams, hair rinses, deodorants, and other personal care products. There are aromatic combinations to encourage conversation, enhance mental clarity, calm your nerves, alleviate PMS, stimulate creativity, induce restful sleep, and more. See how to use essential oils to intensify the healing power of massage to relieve aches and pains, enliven tired feet and calves, improve physical endurance, and loosen tight muscles.

You can even make all-natural furniture polish, insect repellent, and pet care products. Important information on the safe use and handling of oils and an alphabetical directory of essential oils will help you select the formulas that are right for you. Both authors reside in Phoenix, AZ.

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