

Aromatherapy for **HEALTHY LEGS AND FEET**

A guide for women



Aromatherapy For Healthy Legs And Feet

Shirley Price, Len Price, Penny Price



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Aromatherapy for Healthy Legs and Feet Christine Westwood,1995 *Aromatherapy for Health Professionals* Len Price,2007-01-01 Providing an introduction to aromatherapy as practised in modern health care settings and information for the health professional who wants to learn about the subject this book provides the in depth knowledge needed to begin using essential oils in the practice environment *Aromatherapy for the Healthy Child* Valerie Ann Worwood,2012-08-22 Aromatherapy taps the healing potential of Earth s ancient medicines the essential oils that give plants their scent Powerful yet safe aromatherapy is a sound way to treat everything from diaper rash to asthma to self esteem troubles in children Many complaints such as aches and coughs that might otherwise have to wait for a visit to the doctor can be addressed immediately at home using the healing power of nature This book will appeal to every parent who thinks proactively about their children s long term physical and mental health Valerie Ann Worwood offers an array of scientifically proven remedies along with complete charts of essential oils and instructions for aromatherapeutic massage Other chapters describe how aromatherapy can benefit seriously ill children when used in conjunction with Western medicine *Aromatherapy for Health Professionals E-Book* Shirley Price,Len Price,Penny Price,2019-09-07 Now entering its 5th edition Aromatherapy for Health Professionals is an essential read for any professional wishing to practice aromatherapy in a clinical setting It covers the theory and practice of essential oil science and the application of aromatherapy for specific conditions giving an evidence based and in depth presentation of the subject Written by a highly experienced team of aromatherapists it is an authoritative guide for those wishing to use essential oils in a modern health care setting Contains an A Z of essential oils including their chemistry and properties allowing therapists to select the most effective oils for use in a clinical situation Includes a table giving the appropriate essential oils for different health conditions Includes case studies to help the reader understand how to put the theory into practice The text is fully referenced and evidence based for use in a clinical setting *The Complete Book of Essential Oils and Aromatherapy, Revised and Expanded* Valerie Ann Worwood,2016-10-14 Completely updated the best book on the topic available anywhere has just gotten better A necessary resource for anyone interested in alternative approaches to healing and lifestyle this new edition contains more than 800 easy to follow recipes for essential oil treatments No one has provided more thorough and accurate guidance to the home practitioner or professional aromatherapist than Valerie Ann Worwood In her clear and positive voice Worwood provides tools to address a huge variety of health issues including specific advice for children women men and seniors Other sections cover self defense against microbes and contaminants emotional challenges care for the home and workplace and applications for athletes dancers travelers cooks gardeners and animal lovers Worwood also offers us her expertise in the use of essential oils in beauty and spa treatments plus profiles of 125 essential oils 37 carrier oils and more Since the publication of the first edition of this book 25 years ago the positive impact of essential oil use has become increasingly recognized as scientific researchers throughout the world

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