



Aromatherapy Workbook

By Marcel Lavabre

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Aromatherapy Workbook By Marcel Lavabre

Aromatherapy Workbook, first published in 1990, is an essential guide to the history, folklore, science, and practice of aromatherapy. It features more than seventy essential oils classified by botanical family with detailed discussions of their specific actions, along with unique insights into their energetic and spiritual properties. This revised edition incorporates the latest biochemical research with the spiritual and psychological understanding of essential oils.

Author Marcel Lavabre, a founder of the American Aromatherapy Association, explains the mysterious and powerful influence of scent on our mental state, emotion, and sexuality. He discusses the various methods of extraction, devotes a special section to the art of blending, and presents specific formulas for disorders such as digestive and circulatory ailments, headaches, insomnia, and menstrual problems. *Aromatherapy Workbook* is an ideal guide for beginners as well as a reference for practitioners.

- More than 90,000 copies sold.
- Easy-to-follow illustrated reference for beginners.
- A desk resource and teaching tool for practicing aromatherapists.

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Aromatherapy Workbook By Marcel Lavabre Bibliography

- Sales Rank: #180893 in Books
- Published on: 1996-12-01
- Released on: 1996-12-01
- Ingredients: Marcel Lavabre's practical guide to the use of essential oils covers the history, folklore, science, and art of aromatherapy, providing the most comprehensive treatment of the subject available today. The author explores the origins and applications of this ancient healing art in classical civilizations, tracing the medical, alchemical, and spiritual roots of aromatherapy up to the present time.
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x .70" w x 8.00" l, 1.03 pounds
- Binding: Paperback
- 192 pages

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Editorial Review

From Scientific American

A light touch and a graceful, inviting style.

Review

"...a light touch and a graceful, inviting style" (*Massage Therapy Journal*)

"...an accessible, comprehensive guide to the history, folklore, chemistry, and art of this ancient healing system...a fascinating introduction to the world of fragrances." (*Yoga Journal*)

From the Back Cover

AROMATHERAPY / HEALTH

Marcel Lavabre's practical guide to the use of essential oils covers the history, folklore, science, and art of aromatherapy, providing the most comprehensive treatment of the subject available today. It features more than seventy essential oils classified by botanical family, with detailed discussions of their specific actions and unique insights into their energetic and spiritual properties.

Lavabre explores the origins and applications of this ancient healing art in classical civilizations, tracing the medical, alchemical, and spiritual development of aromatherapy up to the present. He shows how to use appropriate plant essences for beautifying, cleansing, and healing the body, as well as in massage, aromatic baths, ritual, and spiritual practice.

The mysteries of the olfactory system are explained, along with the powerful influence of scent on our mental state, emotions, and sexuality. The various methods of extraction are discussed in detail, and a special section is devoted to the art of blending. Specific formulas are also given for common disorders such as digestive and circulatory ailments, headaches, menstrual and sexual problems, and insomnia. Extensive reference tables provide the reader with concise information on each essential oil and its therapeutic uses. *The Aromatherapy Workbook* makes a perfect step-by-step guide for beginners as well as an ongoing reference for practicing aromatherapists.

MARCEL LAVABRE was born in southern France and since 1974 has been studying every aspect of aromatherapy production. He is the cofounder of the American Aromatherapy Association and founder and president of Aroma Véra, the largest aromatherapy company in the world. He lives in California.

Users Review

From reader reviews:

Christopher Barnes:

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