



The Chemistry of Aromatherapeutic Oils

E. Joy Bowles

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This revised study of the chemistry and pharmacology of aromatherapy oils offers a practical approach to learning the basics of essential oils. Moving step-by-step at the molecular level through 89 scents, this work includes useful diagrams as well as techniques for oil extraction. Discussed are techniques for applying the benefits of aromatherapy to different body systems including muscles and joints, the respiratory system, and the immune system. An ideal handbook for those interested in aromatherapy as a holistic therapy, this work also provides many tips for how even the most simple applications of aromatherapy can improve one's quality of life.

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