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The Fragrant Mind: Aromatherapy
for Personality, Mind ...

Although the charts and references
in The Fragrant Mind are excellent,
in the more descriptive chapters the
author takes the viewpoint that
modern times are terrible,
enumerating the many ways that we

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are constantly bombarded with stress, such that we all need aromatherapy just to get by. This focus on mental problems, unsafe environments, incompetent medical facilities, and general unhappiness simply doesn't represent my life.

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THE FRAGRANT MIND

You don't have to hunt down white fir perfume at your local health store. Make your own simply by combining a few essential oils. To make an earthy fragrance, combine 10 drops sandalwood oil, 20 drops white fir oil, 5 drops lemon

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eucalyptus oil, and 30 drops of bergamot essential oil.

The Fragrant Mind: Aromatherapy
for Personality, Mind ...

Essential oils, or aromatherapy oils,
are the fragrant essence of a plant.
These highly concentrated liquid

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oils are the foundation of aromatherapy, which is based on the idea that the aromatic oil from a plant has healing properties. Essential oils should not be confused with perfumes or other fragrance oils.

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Essential Oils: The complete guide to the use of aromatic oils in aromatherapy, herbalism, health and well-being.

The Fragrant Mind: Aromatherapy for Personality, Mind ...

The Fragrant Mind: Aromatherapy

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for Personality, Mind, Mood, and Emotion. The Fragrant Mind is written in an easy, accessible style for anyone who wishes to learn how essential oils can influence our minds and emotions and how to use aromatherapy to maintain a peaceful equilibrium or bring about

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Emotion Paperback – Aug 13 1996
by Valerie Ann Worwood (Author)

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The Fragrant Mind: Aromatherapy
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Valerie Ann Worwood's The Fragrant Pharmacy has become the classic encyclopaedia of aromatherapy and essential oils. Now, in this companion volume, The Fragrant Mind, she paves a unique new way for aromatherapy, concentrating on the emotional,

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psychological and mood-changing effects of nature's essential oils. The Fragrant Mind falls into three parts. Part One presents a fascinating background to the subject, and explains how essential oils work on the brain.

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The Fragrant Mind: Aromatherapy
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Focusing on "The Fragrant Mind", it
is an amazing book! There is so
much wonderful information, great
recipes for various blends, a fun

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and enlightening look at the the different individual personality types and the different essential oils personality profiles, not to mention wonderful Quick Reference Charts.

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The Fragrant Mind Aromatherapy
For

The Fragrant Mind: Aromatherapy
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Amazon.com. *FREE* shipping on
qualifying offers. Written in an
accessible style and aimed at

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aromatherapists, practitioners of alternative medicine, and anyone wishing to use aromatherapy to maintain a peaceful equilibrium or bring about positive change

Aromatherapy - The Balance &
Harmony of Body and Mind

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The Fragrant Mind is written in an easy, accessible style for anyone who wishes to learn how essential oils can influence our minds and emotions and how to use aromatherapy to maintain a peaceful equilibrium or bring about positive change.

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The Fragrant Mind : Aromatherapy
for Personality, Mind ...

The Fragrant Mind. It covers both
general psychological and
aromatherapy information as well
as listing emotional conditions (i.e.
nicotine addition, phobias, stress,

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etc.) and the oils that can assist with the condition. It also discusses various personality profiles and the oils most suitable for those personality types.

Fragrant Mind: Aromatherapy for
Personality, Mind, Mood ...

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The fragrant mind : aromatherapy for personality, mind, mood, and emotion. [Valerie Ann Worwood] -- Explores the emotional, psychological, and mood-changing effects of nature's oils. Encyclopedic in scope, yet written in an easy accessible style, The

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Fragrant Mind presents the latest scientific ...

Aromatherapy - The Balance &
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for Personality, Mind, Mood, and
Emotion. The first in-depth

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exploration of essential oils and the mind, The Fragrant Mind is a pioneering reference work that gives both the casual user and the experienced aroma therapist the information they need to explore the emotional benefits of natural oils with safety and

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confidence.--Jacket.

The Fragrant Mind: Aromatherapy
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The Fragrant Mind is written in an
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who wishes to learn how essential
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emotions and how to use aromatherapy to maintain a peaceful equilibrium or bring about positive change.

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