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Aromatherapy For Women A Practical

Extracted from flowers and herbs, aromatic essential oils have been used for centuries to heal and beautify, offering a gentle yet effective alternative in the treatment of illness, stress, and imbalance. Maggie Tisserand brings a wealth of practical experience to this book, focusing on women and their particular health and beauty concerns.

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A Practical Guide to Essential Oils for Health and Beauty Acknowledgments Introduction 1. Getting Through the Day 2. Gynecological Remedies 3. Sexuality and Sensuality 4. Massage 5. Health and Healing 6. Aromatherapy and the Immune System 7. Skin and Hair Care 8. Pregnancy and Childbirth 9. After the Birth 10. Remedies for Children's Illnesses 11. Blending 12. Recipes

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While the focus of the book is on essential oils which are helpful for issues related to women such as pms, pregnancy, childbirth, breastfeeding, it covers many issue related to both sexes,

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such as weight loss, skin care, hair care, sexually transmitted diseases and general ailments like headache, stomachache, infections, etc.

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Essential oils that have antispasmodic properties and are analgesic in nature are best. These include nutmeg, and sage. Interpose these treatments with ones containing rose or geranium oils for best results. Aromatherapy For Women - Menopause. It is inevitable to be sure. And even though some women never have a symptom it still happens.

Aromatherapy for Women

Aromatherapy for women is an excellent source for the use of essential oils whether you are a beginner or seasoned user. The application approach is to everyday life and health situations from aching legs to whooping cough. It lists the exact recipes for safe and effective results.

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Aromatherapy for Women, of use to both men and women, clearly illustrates the author's knowledge of essential oils and her confidence in applying them to our everyday lives, whether for healing illness, eliminating stress, or enhancing the appearance of the body.

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Anand Sen, 68, after two months of discomfort and regular visits to doctors, reluctantly let his family persuade him to get aromatherapy for a frozen shoulder.

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