

# **Essential Oils & Aromatherapy, An Introductory Guide: More Than 300 Recipes For Health, Home And Beauty**

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### **Aromatherapy, Essential Oils - iHerb.com -**

Aromatherapy is a form of herbal medicine that uses fragrant essential oils to reduce anxiety, increase energy, help with breathing problems or help with other  
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<http://www.alibris.com/Aromatherapy-for-the-Healthy-Child-More-Than-300-Natural-Nontoxic-and-Fragrant-Essential-Oil-Blends-Valerie-Ann-Worwood/book/420637>

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### **Essential Aromatherapy: A Pocket Guide to -**

This brisk tour of essential oils (or concentrated plant essences) and explores their many applications and uses. Author Susan Worwood begins with a brief history of <http://www.amazon.com/Essential-Aromatherapy-Pocket-Guide-Oils/dp/1577312481>

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### **Aromatherapy | University of Maryland Medical Center -**

Aromatherapy Overview. What is aromatherapy? Aromatherapy is the use of essential oils from plants for healing. Although the word aroma makes it sound as if the

<http://umm.edu/health/medical/altmed/treatment/aromatherapy>

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