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aromatherapy to maintain a peaceful equilibrium or bring about positive change.

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While there are 1-2 simple essential oil “recipes” for many disorders, The Fragrant Mind is not about tried-and-true

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The first in-depth exploration of essential
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pioneering reference work that gives both the casual user and the experienced aroma therapist the information...

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Awarded a Doctorate in 1990, she has served on the executive councils of the

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International Federation of Aromatherapists and the Aromatherapy Organizations Council, and has initiated research projects into the clinical use of essential oils. See details - The Fragrant Mind: Aromatherapy for Personality, Mind, Mood and Emotion by Valer

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

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The Fragrant Mind by Valerie Ann Worwood | AromaWeb

Now, in this companion volume, The Fragrant Mind, she paves a unique new way for aromatherapy, concentrating on the emotional, psychological and mood-changing effects of nature's essential oils. The Fragrant Mind falls into three

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parts. Part One presents a fascinating background to the subject, and explains how essential oils work on the brain.

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Learn how using essential oils during aromatherapy may help improve health issues like anxiety, stress, and sleep

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

Aromatherapy is a holistic treatment, utilizing essential oils extracted from aromatic plants to create balance and harmony to the body, mind and spirit. Aromatherapy is the skilled use of essential oils, which have been extracted from flowers, spices, fruits,

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woods and leaves for their esthetic, psychological and medicinal applications.

AROMATHERAPY - Healing Hands Massage School

Now, in this companion volume, The Fragrant Mind, she paves a unique new way for aromatherapy, concentrating on

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the emotional, 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 for Personality, Mind, Mood and Emotion
Written in an accessible style and aimed at aromatherapists, practitioners of alternative medicine, and anyone wishing to use aromatherapy to maintain a peaceful equilibrium or bring about positive change, this book concentrates on the mood-changing

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effects of natural oils.

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