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Aromatherapy is a method of employing essential oils to protect, heal and beautify.

Essential oils are described as the "life force" or "essence" of plants. The most

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wonderful thing about essential oils is that they are available to everyone, and they are very simple to use once the basic concepts are understood and the appropriate methods and procedures are observed.

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species Vetiveria  
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Ann Worwood's The  
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Aromatherapy was the  
first book I purchased  
pertaining to essential  
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Aromatherapy is a  
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Essential oils are  
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Worwood is an aromatherapist, a reflexologist, a member of the London and counties society of Physiologists, and as Chairman of Research is an active member of the International Federation of Aromatherapists.

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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, woods and leaves for their esthetic, psychological and

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during  
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Common examples are  
nutmeg, juniper, and  
lavender. Base Notes:  
Robust and earthy, base  
notes are the richest  
form of essential oil and



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often come from tree resin. Their heavy, distinctive scents are great for calming anxiety and nerves. Some well-known varieties are vanilla, myrrh, and patchouli.

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