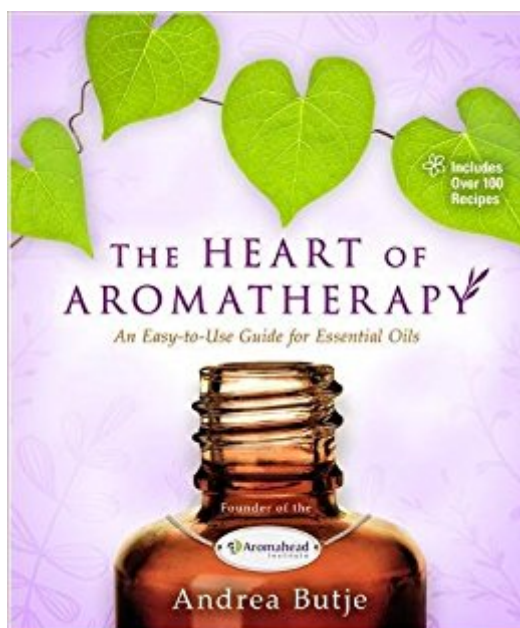


The book was found

The Heart Of Aromatherapy: An Easy-to-Use Guide For Essential Oils



Synopsis

Aromahead Institute founder, Andrea Butje, brings 40 essential oils to life in this guide to safe and effective aromatherapy. From cardamom to lavender to yuzu, each oil's aroma, uses, and safety tips are clearly defined, while the core physical and emotional supportive properties are captured in expressive personality profiles. Over 100 recipes are included to support skin care, rest and relaxation, respiratory health, digestion, pain relief, meditation and contemplation, and even natural cleaning. Kid-friendly adjustments accompany each recipe to ensure safe usage and a healthy home environment for all ages. Take an up-close and personal peek at essential oil distillers around the world as they describe the passion, work, and meticulous care they put into creating their homegrown products. Andrea walks you through what you need to know to select quality essential oils from trustworthy sources. By the end of this book, you will know which oils you want to turn to for different needs, whether physical or emotional, and you will be able to personalize aromatherapy blends to perfectly complement your mood and spirit. With only the most essential of resources, you can invigorate your mind, body, heart, and home.

Book Information

Paperback: 288 pages

Publisher: Hay House, Inc. (January 17, 2017)

Language: English

ISBN-10: 1401951619

ISBN-13: 978-1401951610

Product Dimensions: 7.4 x 0.7 x 8.9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 185 customer reviews

Best Sellers Rank: #30,321 in Books (See Top 100 in Books) #24 in Books > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy #51 in Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies #118 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing

Customer Reviews

The Aromahead Institute seeks to make the study and therapeutic use of essential oils widely accessible to casual learners and healing arts professionals around the globe through our state-of-the-art online study program. By following an evidence-based curriculum approach to incorporating intensive science and practical hands-on instruction, The Institute aims to elevate the

science and study of aromatherapy to deliver its ability to heal and enhance well-being to individuals and professionals alike.

Andrea Butje is an internationally recognized aromatherapist and author. Her aromatherapy school, Aromahead Institute, reaches students from around the world thanks to her innovative online educational programs and her inspired approach to creating community. In 2013, Andrea was honored with a Lifetime Achievement Award from the Alliance of International Aromatherapists for the remarkable work she has accomplished in the aromatherapy profession. She lives in Florida and New York, and you can visit her online at aromahead.com.

Just got my copies of your new book. Awesome! Well done! I'm a Certified Aromatherapist and still found information that was new and useful. I think this is a book that anyone interested in Essential Oils, regardless of their training, will want to have in their library. Great recipes as well as an lovely and very useful look at popular essential oils. I really liked the safety information on each oil. Thank you, Andrea. This book reflects your love of these beautiful healing gifts from Nature. I am giving one copy as a gift to a lucky friend. I highly recommend this book to anyone with even a casual interest in Essential Oils and everything needed to create a useful remedy.

When I started down the road of Aromatherapy Certification, I selected Andrea Butje's Aromahead Institute program because of her engaging, heart-centered approach to teaching the ins and outs of Aromatherapy. Truly a joyful experience. So...I wasn't a bit surprised to get her book and find it filled with "The Heart of Aromatherapy." And reading the wonderful "personality and job" descriptions of the Oils that are highlighted in her book are true smile makers! She's written a book that appeals to those of us with training and/or experience in the Aromatherapy world...And for those simply seeking an intelligent, safety conscious guide on some wonderful Oils and blends that include substitute Oils in scaled back blends for kids--It's an out of the park home run!!

My new go-to aromatherapy book! I love Andrea's style of writing in her weekly blog posts and emails, so I had a feeling The Heart of Aromatherapy would be just as wonderful. Andrea provides TONS of super clear information on the oils she profiles (safety info, where the oils come from, different uses, etc.), but also puts a fun twist on the oils by providing a character story for each one. I absolutely love how she does this! It makes it really easy to remember what oils are best to use in different situations. The blends I've tried are very easy to follow, and I can't wait to try the rest.

Reading about the essential oil distillers Andrea has worked with and visited really makes you appreciate all the work that goes into producing a little bottle of oil. Andrea's passion for the aromatherapy world shines through with every single page of this book. Highly recommend The Heart of Aromatherapy!

I am so glad I ordered this book! It's packed with lots of helpful information about many popular (and some new to me!) essential oils. The information includes uses, blending notes, and safety concerns. Because of Andrea's training, I know the information in this book is reliable I believe she's a teacher at heart because she answers the "why" question about each ingredient she recommends in her recipes. It's so nice to know why beeswax is a good choice, for example. The recipes are amazing. I'm learning so much! Thank you, Andrea Butje!

After having read this book from cover to cover, I find it to be a good book. It is a good addition to the aromatherapy library. Here is my final assessment: PROS* The information provided is solid and accurate* The profiles are very well written, and the "personalization" of each oil in the profiles is very entertaining; they can help with memorizing some of the properties of the oils for sure CONS* The introductory material before the oil profiles is a bit "shotgun" and although it is a nice overview, it certainly lacks in completeness. A bit more time spent on this section would have made the book far better.* The recipes in the book often overlook the use of preservatives. Although the author does make mention of preservatives, she ignores them, instead opting to encourage the reader to make them on a use basis or throw away what is already made and start over. This is a waste of oils and materials. It would be much better to provide recipes that include the use of a preservative so that the reader is not encouraged to waste oils.* The recipes in the book that include the use of water or other substances in which oils do not readily mix are lacking the mention of using a good dispersant and/or emulsifier. This could have easily been added in the name of proper safety (especially in regards to baths), but the author chose to not add these to her recipes. This is unfortunate.* The index could use some improvement it is very limited. All in all, the book is a pretty good effort on the part of the author to provide information to the masses. It is my hope that there will be a second edition which will go more in depth in the introductory material, providing the reader with a better background education, as well as the author adding preservatives and dispersant/emulsifiers into her recipes. One thing I will say: The author certainly need not change anything about the oil profiles and the "personalization" of the oils; the book shows its worth in these alone.

[Download to continue reading...](#)

Aromatherapy & Essential Oils: The Complete Aromatherapy & Essential Oils Guide for Beginners (Essential Oils Book, Aromatherapy Book, Essential Oils and Aromatherapy Recipes for Everyone)

Essential Oils For Pets: Ultimate Guide for Amazingly Effective Natural Remedies For Pets (Natural Pet Remedies, Essential Oils Dogs, Essential Oils Cats, Aromatherapy Pets, Essential Oils For Pets,)

Essential Oils For Beginners: Essential Oils For Weight Loss: Essential Oils Natural Remedies: Essential Oils Summer And Winter Recipes: Nature's Best Kept Secret For Weight Loss And Balance Health Essential Oils For Chocolate Truffles, Chocolate Candy, and Chocolate Desserts: The 15 Minute Guide To Making Chocolates With Essential Oils-How To Make ... Oils (Essential Oils for Chocolate Lovers) Aromatherapy: 30 Aromatherapy Recipes From My Aromatherapy Private Collection ::: Proven Aromatherapy Recipes That Work! Aromatherapy Recipes: Simple Aromatherapy Blends and Essential Oils for Beginners. Massage Oils for Wellness, Beauty and Relaxation Aromatherapy: 600 Aromatherapy Recipes for Beauty, Health & Home - Plus Advice & Tips on How to Use Essential Oils Essential Aromatherapy: A Pocket Guide to Essential Oils and Aromatherapy The Encyclopedia of Essential Oils: The Complete Guide to the Use of Aromatic Oils In Aromatherapy, Herbalism, Health, and Well Being Essential Oils For Psoriasis: A Complete natural guide of essential oils to eliminate psoriasis: Essential Oils For Skin Essential Oils For Dogs: A Practical Guide to Healing Your Dog Faster, Cheaper and Safer with the Power of Essential Oils (Essential Oils For Dogs in Black&White) Essential Oils For Dogs: A Practical Guide to Healing Your Dog Faster, Cheaper and Safer with the Power of Essential Oils (Essential Oils For Dogs) Essential Oils and Thyroid: The Essential Oils Thyroid Solution: Chronic Fatigue? Weight Gain? Brain Fog? Get Relief with Essential Oils to Help Heal Your ... Hypothyroidism, Hashimoto's, Metabolism) Essential Oils for Beginners: The Guide to Get Started with Essential Oils and Aromatherapy The Heart of Aromatherapy: An Easy-to-Use Guide for Essential Oils Ayurveda: Ayurvedic Essential Oils & Aromatherapy for Amazing Relaxation, Beautiful Skin & Tremendous Healing! (Ayurveda, Essential Oils, Natural Remedies, DIY Book 1) Essential Oils: Essential Oil Recipe Book - 30 Proven Essential Oil Recipes ::: My Essential Oil Private Collection Vol. 1 (Private Collection Essential Oils) Essential Oils Box Set #17: Coconut Oil for Skin Care & Hair Loss & Healing Babies and Children with Aromatherapy for Beginners (Coconut Oils, Skin Care, ... Healing, Detox, Virgin Coconut Oil) Essential Oils for Dogs: 100 Easy and Safe Essential Oil Recipes to Solve your Dog's Health Problems (Alternative animal medicine, Small mammal Medicine, Aromatherapy, Holistic medicine) Holistic Aromatherapy for Animals: A Comprehensive Guide to the Use of Essential Oils & Hydrosols with Animals

Contact Us

DMCA

Privacy

FAQ & Help