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aromatherapy, for the professional aromatherapist or for the pharmacist, nurse, doctor or health professional.

The Complete Guide to Aromatherapy by Salvatore Battaglia

Because essential oils evaporate so quickly, they usually need to be mixed

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with a carrier oil before use and many practitioners recommend mixing essential oils with carrier oils to dilute them. Carrier oils are true oils that come from the fatty parts of plants, meaning that they last longer on your skin and prolong the benefits of aromatherapy.

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In this article, we will discuss the 6
famous essential oils. We will also deal
with the aromatherapy and the health

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benefits associated with it. Finally, we will discuss how to purchase and store the essential oils. These will give you a complete idea about the essential oils. Essential Oil Guide Sandalwood Oil.
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The Complete Guide to Aromatherapy
1995 edition by Salvatore Battaglia.

Reviewed by Martin Watt. I thought parts

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of this book looked impressive until I started on the essential oil monographs. In those he includes the usual nonsense from earlier aromatherapy authors. They took the traditional uses of herbs and assumed the external application

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