

Hydrosols The Next Aromatherapy

Hydrosols The Personalised Consultation in Aromatherapy Aromatherapy Complementary Therapies and the Management of Diabetes and Vascular Disease Aromatherapy for Massage Practitioners The Book of Practical Aromatherapy Aromatherapy Complete Home Guide to Aromatherapy The Healing Power of Aromatherapy Illustrated Elements of Aromatherapy Aromatherapy Complementary & Alternative Therapies for Nursing Practice Aromatherapy Forthcoming Books Natural Healing with Aromatherapy Spa Management Creative Forecasting Aromatherapy McGraw-Hill Education Nursing School Entrance Exams with DVD, Third Edition McGraw-Hill Nursing School Entrance Exams 2/E Suzanne Catty Annie Prince Kathi Keville Trisha Dunning Ingrid Martin William H. Lee Vivian Lunny Erich Keller Hasnain Walji Clare Walters Robert Tisserand Karen Lee Fontaine Patricia Betty Rose Arny Gisela Bulla Valerie Gennari Cooksley Thomas A. Evangelist Thomas Evangelist

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the first book devoted exclusively to aromatic hydrosols gentle water based plant extracts that expand the healing cosmetic and culinary applications of aromatherapy the newest development in the field of aromatherapy the homeopathic form of aromatic treatment that is the perfect complement to other forms of vibrational medicine a comprehensive reference with more than 100 recipes and formulas for using hydrosols as well as sources of supply with an introduction by kurt schaubelt author of advanced aromatherapy and medical aromatherapy hydrosols is one of the most anticipated books in the world of holistic health because it introduces a revolutionary new use of essential oils in aromatic treatment hydrosols or hydrolates are the pure water based solutions created when essential oils are steam distilled through this process a potent yet subtle form of medicine is created one that is able to be ingested as well as applied directly to the skin unlike most pure essential oils in fact hydrosols are considered the homeopathic version of aromatherapy and as such are ideal for use with children animals and those with fragile immune systems suzanne catty details the specifics of 67 hydrosols provides formulas to treat more than 50 health concerns and offers 40 delicious recipes in which hydrosols can be used her section on pets will help owners deal with urinary tract and digestive problems as well as grooming and odor issues she also shows how hydrosols can be used with other forms of vibrational medicine and with feng shui geomancy and dowsing

at the heart of any client care in aromatherapy is the therapeutic relationship nurturing a healthy and meaningful connection between a therapist and their client allows for a much more profound contribution to the success of any aromatherapy treatment this evidence based guide provides an in depth explanation of the therapeutic alliance and why connection in a

technology dominated world is so important it also offers practical guidance on how to foster a healthy relationship through active listening and somatosensory awareness emphasis is placed on making the client feel safe and at ease and creating a bespoke practice based on flexibility awareness and understanding supplemented with case studies and clinical evidence aromatherapists can benefit from real life examples of unique client profiles that often involve important experiences and specific needs such as menopause pregnancy trauma and anxiety

a comprehensive guide to using essential oils in health beauty and well being aromatherapy offers countless uses for balancing body mind and spirit drawing on 75 combined years of experience in botanical therapies keville and green provide a complete resource for students and practitioners this encyclopedic guide with more than 90 formulas details cosmetics perfumes and botanical therapies that will help you harness the healing power of plants to enhance your beauty health and overall well being

this book brings together important information about complementary therapies and how they are used in diabetes care it addresses the benefits and risks of complementary therapies and takes an evidence based approach complementary therapies and the management of diabetes and vascular disease a matter of balance provides health professionals with appropriate information about complementary therapies so they can discuss these therapies with their patients and help them make informed decisions about their diabetes care managing diabetes depends on achieving life balance not just metabolic control this is the first book devoted exclusively to complementary therapies and diabetes and it has several key features it is an informative evidence based text that will help health professionals understand complementary therapies commonly used by people with diabetes their potential benefits possible adverse events and how these could be minimised or prevented it describes clinical practice guidelines for the safe combination of complementary and conventional therapies in diabetes management it suggests appropriate advice to give people with diabetes and vascular disease about complementary therapies written by experts in the various fields this book makes important reading for all health professionals managing patients with diabetes and associated vascular disease including nurses doctors dietitians and podiatrists

this book is a complete guide for massage therapists interested in adding aromatherapy to their practice it addresses practical concerns such as pricing sessions to account for the cost of oils proper dilutions sending products home with clients and effective formulations for specific ailments case studies present specific ailments in clinical scenarios with proper aromatherapy and massage treatments recipe boxes provide directions for blending essential oils activity boxes develop readers decision making skills essential oil monographs discuss the history traditional uses safety considerations and most effective use in massage therapy of 50 individual essential oils review questions appear in every chapter

discusses the therapeutic effects of plant oils and the diseases each can alleviate and gives recipes for home prepared potions and unguents

more than ever people are turning to complementary therapies for relief from the stresses and tensions of everyday life each of the four titles in this series show how to adopt a more natural approach to health improve personal well being and create a healthier lifestyle these books offer expert advice on yoga and meditation exercises to overcome stress methods for stay fit and strong during throughout pregnancy step by step guides to massage strokes and aromatherapy techniques

the art of using essential oils is at least 8 000 years old used for religious healing sensual deodorizing and relaxation purposes through the ages aromatherapy is being newly discovered in the u s this easy to use self help guide includes hundreds of simple home recipes for cosmetics bath and massage oils self help treatments aphrodisiacs and more

aromatherapy the use of fragrant essential oils to soothe heal and invigorate the mind and body dates back as early as 4500 b c a mysterious blend of the ethereal and substantial essential

oils influence both our physical and spiritual well being the refreshing scent of eucalyptus clears the mind of tired thoughts a compress of cypress pine or juniper eases the pain of arthritis a rose oil massage dispels anxiety and restores a tranquil frame of mind a drop of orange essence near our pillow sends us gently off to sleep this complete guide to the art of aromatherapy explains how essential oils work and describes the many ways you can use them from baths massages and room fragrances to poultices gargles and rubs one index covers more than forty essential oils their uses and healing properties a second lists more than eighty common ailments and how to use essential oils to treat them here is all the information you need to practice natural holistic aromatherapy at home about the author hasnain walji ph d is a health researcher and consultant specializing in nutrition and complementary therapies

fully illustrated throughout this book is the ideal introduction to aromatherapy a unique and natural way of restoring balance to mind body and spirit 120 color photos

therapeutic use of essential oils by premier authority in the field case studies and charts included

a clearly written book that provides an excellent introduction to alternative therapies systematized health care practices botanical healing manual healing methods mind body techniques spiritual therapies and more for nurses and practitioners in allied health fields who seek to expand their practice to offer wider choices to consumers of health care

aromatherapy a personal journey through your senses is the feeling book about aromatherapy beautifully illustrated in full color the reader will be taken into idealized gardens to explore the relevant plants while learning about the essential oils they produce their uses in historical contexts possible present day applications the author an aromatherapist with 17 years experience uses guided imagery humorous scenarios to present a more lyrical dreamlike personal way of viewing this ancient science a friendly easy to understand book it contains information about unusual as well as the more usual essential oils beginning with the essential oils from kitchen sources then examining essential oils from plants found in gardens all over the world this book can be enjoyed alone or used in conjunction with the audiocassette of the same name 29 95 or as a companion teaching aid with the author s first book aromatherapy a scented journey to order call 800 296 6026 or 212 545 0229 e scentially yours ltd 24 east 38 street new york ny 10016

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imagine kneading away an aching back with the lingering scent of lavender and geranium masking the signs of aging with a soothing nightly toner combining the eight essential oils of youth shaking off the blues by relaxing in an aromatic bath spiked with herbal oils and honey imagine taking away almost anypain finding relief from almost anycondition rejuvenating your body and lifting you spirit through a mystical ancient therapy that heals by nourishing your senses of taste smell and touch aromatherapy has been around for centuries but only in the last decade has it become recognized as a proven mainstream healing technique in this book valerie gennari cooksley offers soothing solutions special blends of baths masks oils teas tonics lotions scrubs sprays even soups to help aid the healing process every one of these aromatherapy solutions is 100 pleasurable for common nuisances such as bites colds stings and hiccups to more serious problems like asthma arthritis depression and air pollution cooksley offers her special healing blends culled from more than 15 years of professional practice in addition cooksley demystifies this ancient art with modern examples of real life cures and offers a complete guide to using and blending essential oils for maximum benefit she shows how anyone whether professionally trained or not can use the secrets of aromatherapy to achieve quick and lasting relief

get the tools you need to succeed on your nursing school entrance exam are you preparing for your nursing school entrance exam this practical guide is packed with skill building exercises test taking strategies and practice tests to help you prepare for the exam whether you re taking the national league for nursing pre admission examination rn nln pax rn the test of essential academic skills teas the psychological services bureau psb rn exam or the evolve reach hesi a2 exam you ll find expert guidance on how to study more efficiently and increase your confidence for test day fully updated to match the latest exams nursing school entrance exams features complete coverage of the nln pax rn teas psb rn and hesi a2 an interactive dvd that provides extensive practice 16 practice tests 8 practice tests in the book two each in verbal skills reading comprehension mathematics and science and 8 more on the dvd up to date information on each test s format and subject areas practice tests modeled on the questions in real nursing school entrance exams covering the same topics and designed at the same level of difficulty a diagnostic test to assess exam readiness skill building drills with hundreds of practice questions strategies to help master every question type scientific illustrations to clarify important concepts a review of all subjects featured on the exams verbal skills reading comprehension mathematics and science career and educational guidance from a nursing professional

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