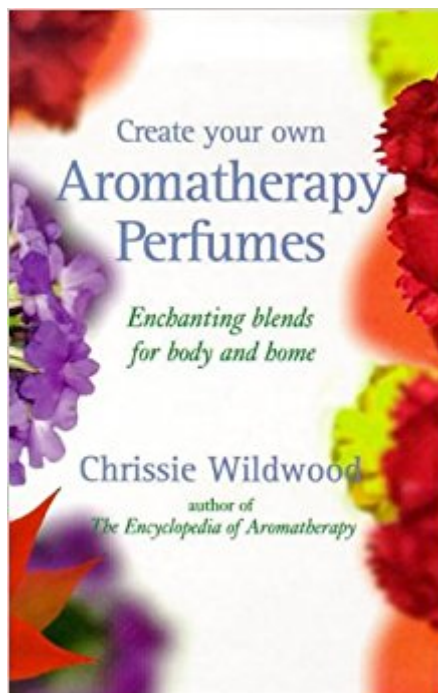




The book was found

Create Your Own Aromatherapy Perfumes: Enchanting Blends For Body And Home



Synopsis

This text provides the information needed to blend essential oils imaginatively in order to create room scents and perfumes at home. The author profiles over 45 different oils, including their healing and mood-enhancing properties, and advises on which blend well together.

Book Information

Paperback: 160 pages

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Average Customer Review: 3.8 out of 5 stars 3 customer reviews

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Customer Reviews

i love this book. if you are interested in finding out how to scent anything, be it your body, hair, skin, lotions, bath oils, or your living room -- this book is a great place to start. It is a marvelous introduction to aromatherapy focussing on teaching the basic principles you will need to understand in order to create your own blends. The book also lists a multitude of excellent sample blends and imparts a wealth of knowledge on the essential oils and how to use them effectively. there's something in here for everyone.

It is imperative readers are informed and ensure that there are options in choosing where books are bought. This is one lesser of many outrageously priced, books on this website.

I love the idea of using entirely natural substances with many proven benefits for mind, body and soul, to make perfumes. This book is a pretty decent introduction. There are numerous perfume recipes which encourage creativity and experimentation. The book is clear, serves its purpose and is clearly based on a lot of experience about combining scents. It gets four stars rather than five

because it is a little modest in its aims - it doesn't use any of the exotic oils to make perfumes - and a little sparse on explaining the real magic of essential oils -ie that they are extraordinary complex substances that work on a physical, emotional and spiritual realm simultaneously. For books that do wonderful justice to essential oils see Valerie Wormwood's Fragrant Mind and Fragrant Heavens.

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