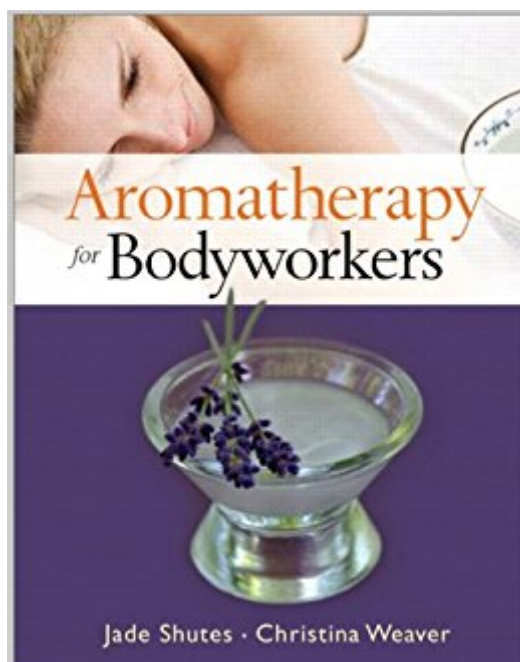


The book was found

# Aromatherapy For Bodyworkers



## Synopsis

As aromatherapy gains in popularity among complementary medical modalities, more and more bodywork professionals now integrate essential oils into their practices. Aromatherapy for Bodyworkers embraces the expansion of knowledge about the application and benefits of this emerging practice and presents a most complete and authoritative source of information for health care workers and spa professionals.

## Book Information

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Average Customer Review: 4.9 out of 5 stars See all reviews (14 customer reviews)

Best Sellers Rank: #186,844 in Books (See Top 100 in Books) #14 in Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Holistic Medicine #189 in Books > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy #221 in Books > Health, Fitness & Dieting > Alternative Medicine > Holistic

## Customer Reviews

This is an excellent book that is informed with an outlook that can only come from a working professional. This isn't a book solely based on cold theory. It even appears to include some sound scientific principles - down to touching on the question of how the size of the dropper bore will affect what you measure out. They even cover some basic chemistry though I'm glad there was only one chapter on that. The information includes dilution charts, blending tips and a comprehensive section on carrier oils as well as the in-depth profiles of a number of essential oils. Appropriate safety precautions are included. Each chapter has a worksheet at the end to allow you to test your own understanding of the preceding information. As the first review indicated: as well as for bodyworker therapists, this would be a good book for those who are simply interested in essential oils.

I attended an aromatherapy class and the instructor suggested that I buy this book because I am a massage therapist and I wanted to incorporate aromatherapy into my practice. I am so glad I got it!

And it will be useful for so much more than blending massage oils! This book covers a wide array of topics and includes things like case stories, recipes, how-to's, lots of charts and tables, and even a set of flash cards to help you learn your essential oils! This book includes: -Information on Essential Oils in general; What they are, how they are made and how they work. -The Chemistry of Essential Oils and what properties do what in or on your body. -Blending of Essential Oils; Client intake, choosing oils, blending, and proper diluting. -Aromatherapy for the Skin; The How and the What. -Olfaction; The How and the What of aromatherapy scents. -Application and Integration; Applications on the skin, during massage sessions, etc. Includes recipes for massage oils, lotions, creams, gels, salves, and what oils to use for common injuries/ailments that bodyworkers would come across. -Hydrotherapy and Salt applications with Aromatherapy -Massage and Aromatherapy; A whole chapter on how to incorporate the two including more common injuries/ailments that bodyworkers would come across. -Aromatherapy as a Business -Essential Oil Data Sheets; Everything you need to know about dozens of essential oils. It is a wonderful resource for aromatherapists, massage therapists, chiropractors, herbalists, naturopathic doctors, and anyone who wants a more natural approach to healing.

I was very impressed with the amount of information this book contained and it's not just for bodyworkers. It not only provides as much information as someone new to essential oils would want, but those with a greater need for information can spend more time in some of the sections. I thought the flashcards at the back of the book were a nice touch for those who really need to know which oils they are buying and working with.

I am a former aromatherapy student of Jade Shutes and I can't say enough about her knowledge of this field. I took my first course from her in 1998 and a refresher course 2010 - 2011. This book incorporated everything from my Aroma 101 coursework as well as additional information. This is a very well written and informative book for anyone interested in the field of aromatherapy.

Loaded with an immense amount of information based on years of research. Blending tips based on blending factors. Great and valuable information based on these ladies' years of practice and enthusiasm. Highly recommended!

Very good for creating efficacious aromatherapy blends. Information about each herb has been very helpful. Teaches the mathematical formula for the different notes for each oil which helped me to

feel I was a chemist.

I just finished the course from East-West Foundations of Aromatherapy, and this book went hand in hand with it. Excellent information, great layout- can't say enough about this wonderful resource. Jade is a great teacher- I loved the practical information in this book.

A wonderful textbook for students or student minded people like myself. Goes step by step with exercises to check understanding.

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