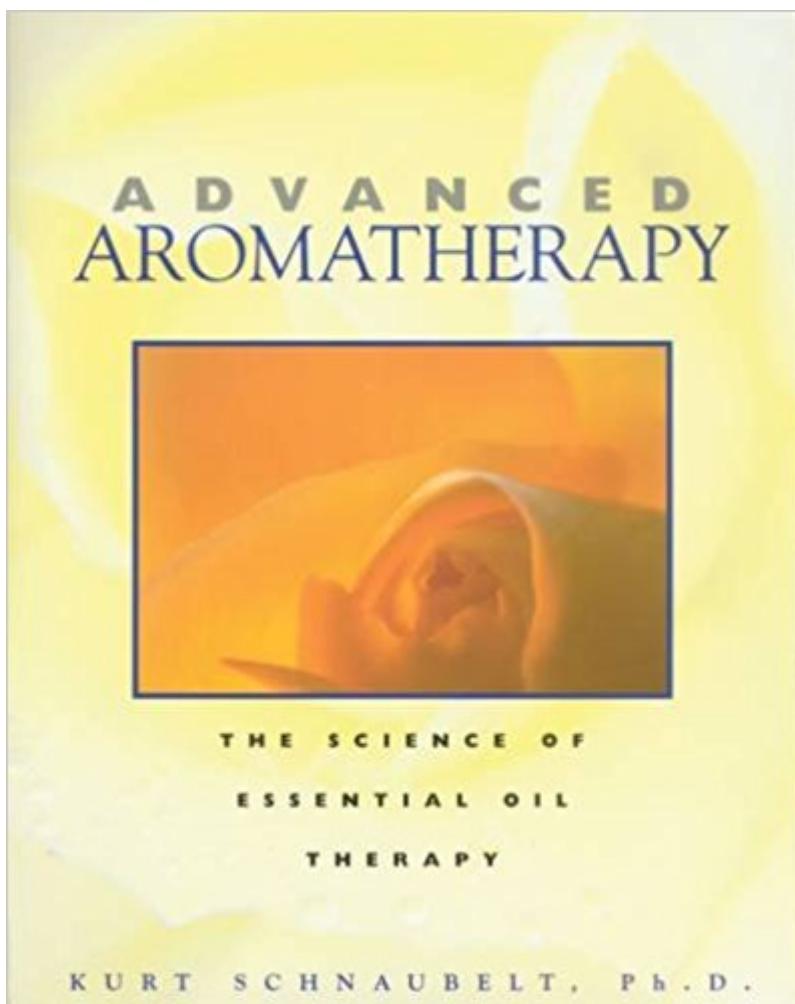


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# Advanced Aromatherapy: The Science Of Essential Oil Therapy



## **Synopsis**

A chemist and aromatherapy practitioner provides scientific proof for the effectiveness of using essential oils. Aromatherapy is the fastest-growing segment of the body care industry, an effective and deeply pleasurable way to maintain well-being. Now, Kurt Schnaubelt, a chemist and longtime aromatherapy practitioner, provides scientific proof for the efficacy of essential oils, explained clearly and logically. Advanced Aromatherapy draws on the most recent research to demonstrate how essential oils work on the cells and microbes of the body. These chemical changes affect emotional states as well as physical ones. Advanced Aromatherapy explains how to treat symptoms ranging from hay fever to stress disorders with predictable results. An essential textbook for aromatherapy practitioners.

## **Book Information**

Paperback: 144 pages

Publisher: Healing Arts Press; US ed. edition (May 1, 1998)

Language: English

ISBN-10: 0892817437

ISBN-13: 978-0892817436

Product Dimensions: 8 x 0.4 x 10 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 116 customer reviews

Best Sellers Rank: #75,080 in Books (See Top 100 in Books) #44 in Books > Health, Fitness & Dieting > Alternative Medicine > Massage #52 in Books > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy #119 in Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies

## **Customer Reviews**

"Schnaubelt brings singular authority to this explanation of the reasons why essential oils act on different systems of the body. This is aromatherapy's next generation, based in scientific analysis and structured to produce predictable results. Essential for the serious student." (NAPRA ReView Vol. 9, No.5)"Schnaubelt presents sound research to demonstrate how essential oils interact with the different systems of the body." (Making Scents, Winter 1998-99)"Schnaubelt clearly and logically illustrates the science of his healing art. . . . Exciting, must have information for anyone going beyond a dab of relaxing lavender on the pillow or peppermint drops in honey water for an upset stomach. . . . An important new reference." (So Young!)

Text: English Original Language: German

For anyone who is looking in to a beginners guide to aromatherapy and its medical applications, this book provides more than just recipes to look up. It's a basic overview of how different compounds found within essential oils interact with the cells that make up our body. If you are looking for a simple recipe guide, this is not the book that you are looking for! If you want to start, or supplement, an intro-level study of essential oil therapy, this is your book!

This was recommended in a blog I read. I didn't think to check the publication date so was a little disappointed at first. Information on essential oils can be old and still be valid. I'm new at this essential oils thing so the information was what was expected.

This book was recommended by a doTERRA Diamond, so I bought it. Sure enough, it has a lot of good information and helpful suggestions regarding essential oils. No matter what brand you use, you should get this as a helpful guide.

I am a newbie and wanted the best books out there on essential oils. He is one of the best. A PhD in chemistry this guy knows what he writes about. This is a heavy science read as the title suggests. But it is easy to understand and so educational.

This is a great companion book to have with The Complete Book of Essential Oils and Aromatherapy: Over 600 Natural, Non-Toxic and Fragrant Recipes to Create Health - Beauty - a Safe Home Environment by Valerie Ann Worwood. I liked this book because it gives you the scientific breakdown of the Essential oils and how to properly handle and mix them. Great book for reference.

It's been some years since I purchased this book, but I can not tell you how much the author has educated me on the science of oils. In some respects, it's a bit of a science lesson, although not too complex. It's the science that you simply need to know if you plan to use essential oils. For example, which oils are most photosensitive, which are effective against microorganisms (and to what extent), etc. The book also breaks down the components of the oils --phenols, alcohols, ketones, esters, etc. Personally, I want to understand these things as I apply them to my skin on a regular basis. It may

or may not be a book you'll read from cover to cover, but it's a resource you'll probably refer back to for years. I absolutely love it.

The science of essential oil, not the marketing information provided by some of the companies.

Very good book to use I am using it right now for a class it was recommended for class but I had it already, so it is being put to use now that I need it and the class is forcing me to check out this book more, plus this is needed information I was looking for and can check between different books to check things out for my self.

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