



Common Scents: A Practical Guide to Aromatherapy

Lorrie Hargis

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Practically written, well organized, and comprehensive in its approach, Common Scents: A Practical Guide to Aromatherapy provides the beginner and experienced aromatherapist with a solid foundation on which to build one's own knowledge of essential oils and their role in achieving great health. This valuable reference, reflecting Lorrie's knowledge and professionalism, provides information on what essential oils are, how they are used, how to effectively blend them, and how they can affect specific body systems. There is also an A-Z ailment listing, as well as corresponding reflexology charts.

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