



Essential Oils: A Handbook for Aromatherapy Practice Second Edition

Jennifer Peace Rhind

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Revised and significantly expanded, the new edition of this handbook provides full information on the use of essential oils in the field of contemporary aromatherapy, based on the research evidence behind their therapeutic applications.

The author provides the historical and cultural context for our understanding of aromatherapy, with an overview of its relationships with Greek, Chinese and Ayurvedic medicine. She gives a detailed account of how essential oils are created, how and where aromatherapy is used, the underlying pharmacology, and the current research. The characteristics of over 100 essential oils, absolutes and resinoids are provided in detail, including botanical and chemical information, usage and combinations.

This will be an indispensable text for all students and practitioners of aromatherapy and related disciplines, as well as anyone interested in the use of essential oils for health and well-being.

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