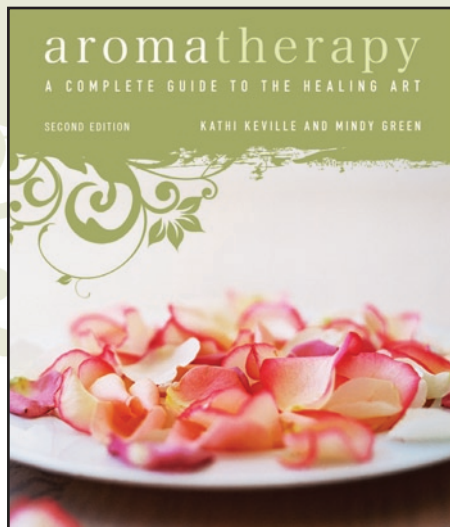


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AROMATHERAPY

A COMPLETE GUIDE TO THE HEALING ART

by Kathi Keville and Mindy Green

Feeling panicked? Sniff an apple.

Despite 9000 years of history, aromatherapy has only entered mainstream consciousness within the last several decades. Known

as the simpler, natural, and more accessible sibling to perfume, aromatherapy can be seen in the use of lemon-scented air at businesses trying to increase employee productivity or at museums using “scent orbs” to evoke the smell of an erupting volcano or a woolly mammoth. Aromatherapy has even been used in the weight-loss industry with studies showing that it’s possible to lose 5 pounds in 6 months simply by sniffing sweet smells when hungry!

Aromatherapy is everywhere, but true aromatherapy products are a little harder to find thanks to a surplus of inferior products that claim to tout all the benefits without actual results. In ***Aromatherapy: A Complete Guide to the Healing Art***, Keville and Green show readers how easy it is to make inexpensive beauty and health products at home using all-natural essential oils, as opposed to the synthetic chemicals often used by perfume companies.

With over 75 combined years of experience, Keville and Green provide more than 90 formulas to help treat common ailments such as morning sickness (spearmint), cellulite (cypress), the flu (rosemary), and oily hair (lemongrass). Blissfully escape from the world with a 12-step aromatic bath experience, then kick back with a slice of Lemon Geranium Sponge Cake topped with a dollop of rose-scented whipped cream. Can’t live without the allure of Chanel No. 5? Learn how to recreate a similar scent using neroli, jasmine, and vanilla. ***Aromatherapy*** concludes with handy charts, a *material medica*, and a list of resource for easy reference.

ABOUT THE AUTHORS

Kathi Keville is an internationally known herbalist and aromatherapist. The author of 12 books, she has taught seminars for more than 40 years and is the director of the American Herb Association in Nevada City, California. **Mindy Green** has worked in the natural products industry for more than 35 years. She is a founding member of the American Herbalists Guild and is the clinical aromatherapist for the Aveda Corporation in Minneapolis, Minnesota. Both authors are available for interviews.

Aromatherapy: A Complete Guide to the Healing Art, 2nd edition

by Kathi Keville and Mindy Green

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DID YOU KNOW?

Men in scented rooms perceive the women they’re with to be 4 to 12 pounds lighter.

Almost all the top ten scents that arouse men are food.

Improve the chances of selling a house by adding a few drops of essential oil onto lightbulbs.

One company found their final notice bills were paid sooner when they were scented.

Extroverts favor floral scents, introverts go for heady Asian aromas.

Fragrances reduce aggressive behavior in New York City subway cars by as much as 40%.