

# Home Aromatherapy: A Step-by-step Guide to Using Essential Oils in the Home



In recent years aromatherapy has enjoyed ever-increasing popularity, and essential oils are now widely available to the public through mail-order and high-street shops. Describing how aromatherapy works and how the oils should be used, safely and effectively, in the home, this book covers the treatment of common complaints, from bruises and burns to respiratory illnesses, as well as complaints which are more specific to women and children. It also includes the more pleasurable side of aromatherapy, in a section detailing the use of essential oils as beauty treatments and perfumes. Julia Lawless is the author of *The Encyclopaedia of Essential Oils*.

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