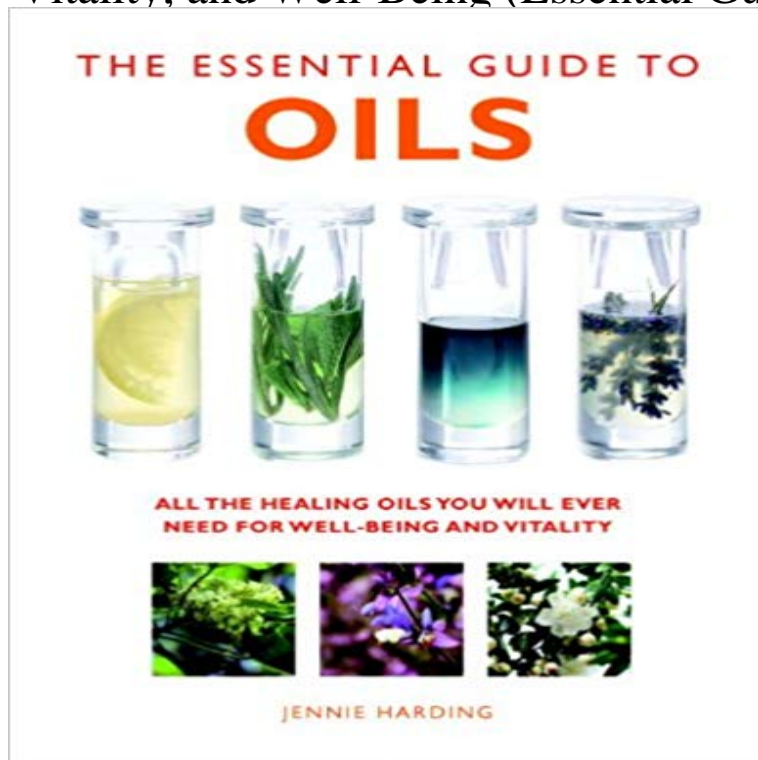


The Essential Guide to Oils: All the Oils You Will Ever Need for Health, Vitality, and Well-Being (Essential Guides Series)



Whether in an aromatherapy bath or a cold compress, essential oils offer life-enhancing benefits, and this stunning book shows how to incorporate them into our daily lives. An invaluable directory covers 100 oils, with each information-packed entry featuring a color photo of the plant from which the oil derives; ideas for using the oil to benefit mind and body; and key points about the oil highlighted for at-a-glance reading.

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