



# **The Complete Essential Oils Sourcebook: A Practical Approach to the Use of Essential Oils for Health and Well-Being**

*Julia Lawless*

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# The Complete Essential Oils Sourcebook: A Practical Approach to the Use of Essential Oils for Health and Well-Being

*Julia Lawless*

## **The Complete Essential Oils Sourcebook: A Practical Approach to the Use of Essential Oils for Health and Well-Being** Julia Lawless

Comprehensive and fully illustrated throughout, The Complete Essential Oils Sourcebook is the perfect go-to reference for absolutely everything about essential oils—from the best extraction methods to the most effective treatments for ailments.

Did you know that heady jasmine is a warming antidepressant and aphrodisiac, also great for stress and sensitive skin?

Or that consuming herbal tea with elderflower can help prevent hay fever?

Why not apply lavender water during and after a flight as a prevention against jetlag?

Written by leading aromatherapist Julia Lawless, the text is authoritative, accessible and clearly broken down for instant and easy reference.

Featuring a visual profile of 65 individual oils, comprehensive reference guide on treating common ailments, and stocking the perfect home medicine chest, this sourcebook is an essential guide for amateur aromatherapists and practising professionals alike. Complete with detailed photographs throughout, learn how to ensure you're buying and storing oils to retain their potency and the best treatments for individual oils to treat specific complaints—from beauty and stress management to chronic ailments and ill health.

The Complete Essential Oils Sourcebook is beautiful, authoritative, and comprehensive—a must for any aromatherapy enthusiast.

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