



The Aromatherapy Companion: Medicinal Uses/Ayurvedic Healing/Body-Care Blends/Perfumes & Scents/Emotional Health & Well-Being (Herbal Body)

By Victoria H. Edwards

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Be happy, healthy, and beautiful! Victoria Edwards offers the most comprehensive aromatherapy guide available, with hundreds of recipes for beauty, health, and physical and emotional well-being. Edwards guides you through making perfumes, bath and massage oils, aphrodisiacs, and health care supplements. Learn about the properties of essential and carrier oils, and master classic recipes for healing and relaxation. You'll soon be creating customized blends for you and your friends that promote tranquility and strength.

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Editorial Review

Review

“The most comprehensive aromatherapy guide available. Victoria Edwards includes profiles of essential oils and gives instructions for using them in a wide range of recipes for beauty, health, and emotional well-being.” – Aromatherapy Thymes

From the Back Cover

Discover the Healing Benefits of Aromatherapy

In *The Aromatherapy Companion*, you'll find hundreds of soothing and healing recipes for beauty, health, and emotional well-being through every stage of life. Noted aromatherapist Victoria Edwards offers a comprehensive guide to using some of the more unusual essential oils and carrier oils and shares her secret blends for the bath, massage, perfumery, health care, and aphrodisiacs. She also includes special recipes inspired by mythology, astrology, and Ayurvedic medicine.

About the Author

Internationally known aromatherapy teacher and consultant Victoria Edwards owns Leydet Aromatics, a mail-order business specializing in essential oils. She is also director of the Aromatherapy Institute and Research Center and the author of *The Aromatherapy Companion* and *25 Aromatherapy Blends for De-Stressing*. She is a member of the National Institute of Holistic Aromatherapists and lives in northern California.

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