

THE HEART OF AROMATHERAPY

An Easy-to-Use Guide for Essential Oils

ANDREA BUTJE

An easy-to-use guide for the safe and effective use of essential oils and aromatherapy.

DESCRIPTION

In this guide to safe and effective aromatherapy, Aromahead Institute founder **Andrea Butje** brings 40 essential oils' unique properties to life for easy home usage.

Each essential oil profile contains thorough practical information (Latin name, aroma, aromatic note, uses and safety tips), as well as a 'personality' profile to provide a sense of the core spirit, physical and emotional supportive capabilities. Interspersed throughout the text are stories about individual distilleries and tips for buying the safest, most natural forms of the essential oils.

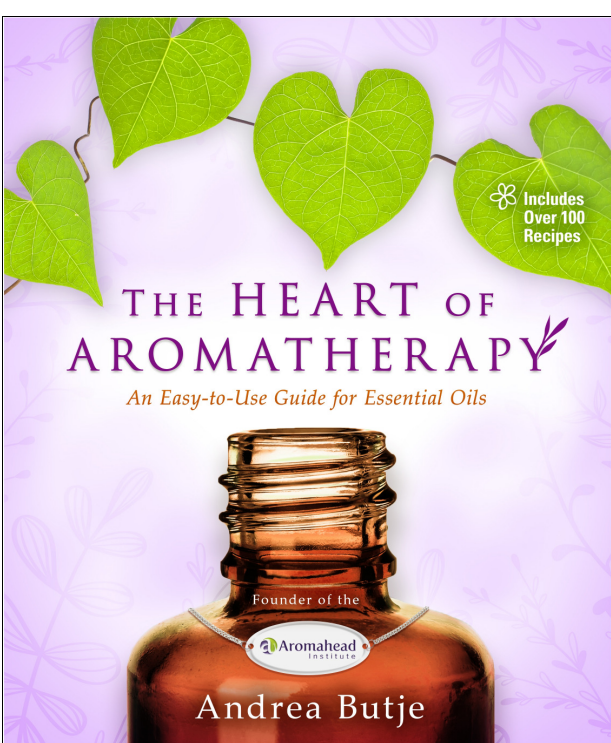
Over 100 recipes are categorized for skin care, rest and relaxation, respiratory, digestion, pain relief, meditation and contemplation, and natural cleaning. Clear, easy-to-follow instructions are accompanied by safety tips and adjustments to make each recipe kid-friendly. With accessible information and recipes, both budding and experienced aromatherapists alike will be able to create personalized essential oil blends for happier, healthier bodies, minds and homes.

SALES AND MARKETING

- This book provides a diverse range of recipes, from home care to skin care, and will include beautiful colour images.
- Andrea Butje is a licensed clinical aromatherapist and recipient of the Alliance of International Aromatherapists Lifetime Achievement Award. Her connections and reputation extend globally.
- Andrea has a wide-reaching fan-base with 153K email subscribers, 276K Facebook fans and 25K YouTube followers.

AUTHOR BIOG

Andrea Butje is an internationally recognized aromatherapist and author. Her aromatherapy school, Aromahead Institute, reaches students from around the world thanks to her innovative online educational programmes and her inspired approach to creating community. In 2013, Andrea was honoured with a Lifetime Achievement Award from the Alliance of International Aromatherapists for the remarkable work she has accomplished in the aromatherapy profession. www.aromahead.com



ISBN: 978-1-40195-161-0

Pub Date: 17/01/2017

RRP: £14.99

Format: 232 x 178 4-col PB

BIC/Subject: Aromatherapy & Essential Oils;
Complementary Therapies, Healing & Health;
Coping With Stress

Extent: 1 pages

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HAY HOUSE UK
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