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The Fragrant Mind: Aromatherapy for Personality, Mind ...

The Fragrant Mind is written in an easy, accessible style for anyone who wishes to learn how essential oils can influence our minds and emotions and how to use aromatherapy to maintain a peaceful equilibrium or bring about positive change.

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The Fragrant Mind: Aromatherapy for Personality, Mind ...

Focusing on "The Fragrant Mind", it is an amazing book! There is so much wonderful information, great recipes for various blends, a fun and enlightening look at the the different invdidual personality types and the different essential oils personality profiles, not to mention wonderful Quick Reference Charts.

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The Fragrant Mind: Aromatherapy for... book by Valerie Ann ...
Valerie Ann Worwood THE FRAGRANT MIND : Aromatherapy for Personality, Mind, Mood and Emotion 3rd Printing Softcover Novato, CA New World Library 1996 Very Good+ in wrappers.

Valerie Ann Worwood THE FRAGRANT MIND : Aromatherapy for ...
Now, in this companion volume, The Fragrant Mind, she paves a unique new way for aromatherapy, concentrating on the emotional, psychological and mood-changing effects of nature's essential oils.

The Fragrant Mind: Aromatherapy for Personality, Mind ...
Although the charts and references in The Fragrant Mind are excellent, in the more descriptive chapters the author takes the viewpoint that modern times are terrible, enumerating the many ways that we are constantly bombarded with stress, such that we all need aromatherapy just to get by.

The Fragrant Mind: Aromatherapy for Personality, Mind ...
Title The Fragrant Mind: Aromatherapy for Personality, Mind, Mood and Emotion. Worwood has been one of the world's leading aromatherapists for over 20 years.

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Aromatherapy is a holistic treatment, utilizing essential oils extracted from aromatic plants to create balance and harmony to the body, mind and spirit. Aromatherapy is the skilled use of essential oils, which have been extracted from flowers, spices, fruits, woods and leaves for their esthetic, psychological and medicinal applications.

AROMATHERAPY - Healing Hands Massage School

The Fragrant Mind By Valerie Ann Worwood This book paves a unique new way for aromatherapy concentrating on the Emotional, Psychological and Mood-Changing effects of nature's essential oils. The book is split into three sections.

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It covers both general psychological and aromatherapy information as well as listing emotional conditions (i.e. nicotine addition, phobias, stress, etc.) and the oils that can assist with the condition. It also discusses various personality profiles and the oils most suitable for those personality types.

The Fragrant Mind by Valerie Ann Worwood | AromaWeb

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