



Aromatherapy for Common Ailments (Gaia Series)

Shirley Price

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A GAIA ORIGINAL

Aromatherapy oils have been used since ancient times to cleanse the body, strengthen the immune system, and release tension. Extracted from the petals, leaves, roots, and resins of plants, these essential oils can provide a lovely and effective scented therapy used in massage, baths, compresses, inhalations, room fresheners, shampoos, and body lotions.

With step-by-step instructions and beautiful color photographs. *Aromatherapy for Common Ailments* shows how to apply twelve of the most versatile essential oils to treat more than forty common health problems, including:

headaches

high blood pressure

colds and flu

indigestion

varicose veins

hair loss

menstrual pain

acne

insomnia

fatigue

An ideal companion volume to *Massage for Common Ailments* and *Yoga for Common Ailments*, this first-of-its-kind guide shows how easy and delightful it is to treat yourself to the art of natural healing and relaxation.

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