



# Aromatherapy: A Complete Guide to the Healing Art

*Kathi Keville, Mindy Green*

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# **Aromatherapy: A Complete Guide to the Healing Art**

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**Aromatherapy: A Complete Guide to the Healing Art** Kathi Keville, Mindy Green

**A comprehensive guide to using essential oils in health, beauty, and well-being.**

Aromatherapy offers countless uses, from cosmetics to therapeutics for balancing body, mind, and spirit. Drawing on 75 combined years of experience in botanical therapies, Keville and Green update their complete guide with the latest information for aromatherapy practitioners and students, providing an invaluable resource that includes more than 90 formulas for using essential oils in health and first aid, skin and hair care, massage, relaxation, and more.

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