



# Aromatherapy and the Mind

*Julia Lawless*

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## **Aromatherapy and the Mind** Julia Lawless

This guide offers a fascinating exploration into the realm of fragrance. It clearly explains the psychological and emotional effects of essential oils showing how they can be used to:

enhance your mood • ease strain • sharpen concentration • soothe away cares • restore and refresh the spirits

Written by a highly respected aromatherapist, this book includes:

the use of perfumes, incense, aromatic plants and oils throughout history to enhance the human experience

the psychological potential of essential oils (psycho-aromatherapy) ie. for emotional problems and stress-related conditions.

A comprehensive A – Z of essential oils: their scent, key qualities, applications and methods of use and contra-indications

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