

# Manual of Essential Oils

Uses, recipes, tips and advice.

Author: Véronique Brin

**This simple and accessible guide brings to readers natural solutions to little aches and pains of daily living, on a emotional level or a physical one.**

A practical aromatherapy that applies to problems of different nature: nervous, digestive, respiratory, circulatory, hormonal ; and to all circumstances in life: seasons, travels, pregnancy, children, aging people, etc.

Aromatic spreading, inhalation, ingestion, friction, massage, etc. The author – experienced aromatherapist – gives to readers tried and proven recipes, to receive the best from plants.

## Content:

- I – In the heart of aromatherapy.
- II – SOS aches and pains from A to Z.
- III - Property sheets of 85 essential oils.



## **The Author:**

**Véronique Brin** (Paris) was trained at Paris' School of Plants. She has been working as an aromalogist and an herbalist in the shop Vie Arôme near Paris for more than 10 years. She is the director of the laboratory and creates synergies in aromatherapy and bio cosmetics.

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