

The Bible of Essential Oils

Everything you wanted to know about aromatherapy at last revealed!

March 2017



Synopsis:

In this *Bible of Essential Oils*, readers will discover all the answers to their questions about aromatherapy, this natural medicine, either preventive or curative, that consists in taking care of oneself thanks to essential oils.

In this book the author, Sylvie Charier, presents to readers a selection of around 40 essential oils that are well recognized to heal everyday life health problems.

Thanks to this title, readers will know everything about the different ways to use essential oils and how to take them in order to have maximum efficiency and also security.

A perfect beginner's guide for all those who want to start using essential oils for health, beauty or well-being, but do not know where to start.

The Author:

Sylvie Charier is a journalist specialized in beauty, well-being and nutrition. She works with several women's magazines in France and is the author or several titles in the beauty and well-being section of Marie Claire Books.

■ Specs:

- Series: Beauty & Well-Being
- Date of Issue: March 24th 2017
- RPP: 18,90 €
- 192 pages
- 144 x 195 mm
- Paperback
- ISBN : 979-10-323-0086-2