

Essential Oils and Bach Flowers

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Synopsis:

There are many similarities between essential oils and Bach flowers remedies. Both come from plants, both are adapted to a large number of people, and both claim to have an energy-giving action. But they also have differences, which is why they complement each other. When associated they are even more powerful, and have a very interesting olfactory dimension. They are going to act in particular on the emotional and psychosomatic troubles.

Content:

- How are they made?
- How to combine them?
- How to use them?
- Alphabet of cares.

The Author:

Martine Azoulai (Paris) lives in Paris and is a journalist specialized in beauty and well-being. Passionate about cares and natural beauty products, she has been sharing her recipes for 10 years on her blog. She is the author of *Bach Flowers Remedies* and *Home-Made Fragrances* with Marie Claire Books.

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