



# **Aromatica: A Clinical Guide to Essential Oil Therapeutics. Volume 1: Principles and Profiles**

*Peter Holmes*

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**Aromatica: A Clinical Guide to Essential Oil Therapeutics. Volume 1: Principles and Profiles** Peter Holmes

The first of two volumes, this is a comprehensive clinical text on the principles behind the clinical use of essential oils. It builds an important foundation for essential oil therapy and includes profiles of the most important 30 essential oils used in practice.

This detailed and practical database of clinical experience of essential oil therapeutics takes a truly holistic approach, focussing on the psychological, the physiological and the energetic or Chinese medical aspects. Skilfully blending the evidence of scientific research with that of clinical practice, the book builds a comprehensive therapeutic profile for each oil it presents to the reader. Based on the different administration methods used and the absorption pathways activated, it clearly differentiates the psychological, physiological and topical uses of these essential oils. An extensive Materia Medica section is included.

Reliable clinical reference material is offered for all complementary therapists, including aromatherapists, medical herbalists, Chinese Medicine practitioners, energy medicine therapists and massage therapists.

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