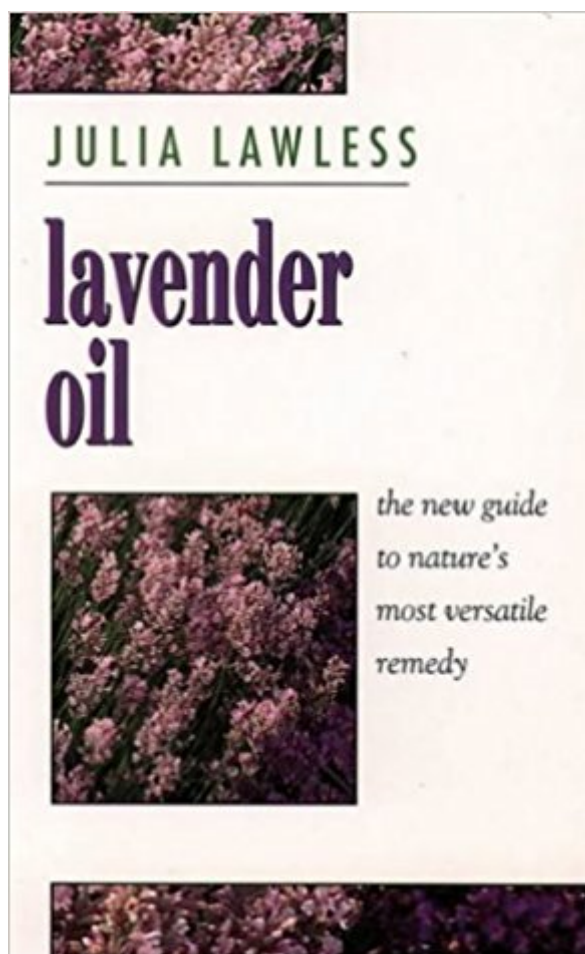




The book was found

Lavender Oil: The New Guide To Nature's Most Versatile Remedy



Synopsis

For many people the very scent of lavender evokes an image of days gone by. Originally used to perfume the bath and scent the linen, it was traditionally renowned as a soothing folk-remedy and cosmetic aid. Today lavender is as popular as ever, although the soaps, toilet waters and herb pillows have largely given way to the pure essential oil for use in the home. This book indicates how lavender oil can be employed in the home for different purposes, including the treatment of stress, insomnia, cuts and burns, and headaches, and for skin care.

Book Information

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Customer Reviews

Explains the remarkable properties of lavender oil and how this popular aromatherapy oil can be used.

It really surprises me that there is no review for one of the most comprehensive guides on Lavender. Not only does it cover Lavender's many uses on our health, but the history, the lore, and the scientific properties of the herb. If you have thing for Aromatherapy like I do and thoroughly enjoy Julia Lawless' other works, this book is for you. Trust me, pick it up- you won't be disappointed.

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