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and The Fragrant Heavens (Also Essential  
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The Fragrant Mind: Aromatherapy for  
Personality, Mind ...

Focusing on "The Fragrant Mind", it is an

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amazing book! There is so much wonderful information, great recipes for various blends, a fun and enlightening look at the the different individual personality types and the different essential oils personality profiles, not to mention wonderful Quick Reference Charts.

The Fragrant Mind: Aromatherapy for...  
book by Valerie Ann ...

Valerie Ann Worwood THE FRAGRANT  
MIND : Aromatherapy for Personality,  
Mind, Mood and Emotion 3rd Printing  
Softcover Novato, CA New World Library  
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Valerie Ann Worwood THE FRAGRANT  
MIND : Aromatherapy for ...

Now, in this companion volume, The  
Fragrant Mind, she paves a unique new way  
for aromatherapy, concentrating on the  
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changing effects of nature's essential oils.

The Fragrant Mind: Aromatherapy for  
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Although the charts and references in The  
Fragrant Mind are excellent, in the more  
descriptive chapters the author takes the  
viewpoint that modern times are terrible,  
enumerating the many ways that we are  
constantly bombarded with stress, such that  
we all need aromatherapy just to get by.

The Fragrant Mind: Aromatherapy for  
Personality, Mind ...

Title The Fragrant Mind: Aromatherapy for  
Personality, Mind, Mood and Emotion.  
Worwood has been one of the world's  
leading aromatherapists for over 20 years.

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Aromatherapy is the skilled use of essential  
oils, which have been extracted from  
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their esthetic, psychological and medicinal  
applications.

AROMATHERAPY - Healing Hands

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Massage School

The Fragrant Mind By Valerie Ann  
Worwood This book paves a unique new  
way for aromatherapy concentrating on the  
Emotional, Psychological and Mood-  
Changing effects of natures essential oils.  
The book is split into three sections.

The Fragrant Mind, Aromatherapy Books |  
Quinnessence ...

It covers both general psychological and  
aromatherapy information as well as listing  
emotional conditions (i.e. nicotine addition,  
phobias, stress, etc.) and the oils that can  
assist with the condition. It also discusses  
various personality profiles and the oils most  
suitable for those personality types.

The Fragrant Mind by Valerie Ann  
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Aromatherapy for Personality, Mind, Mood

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