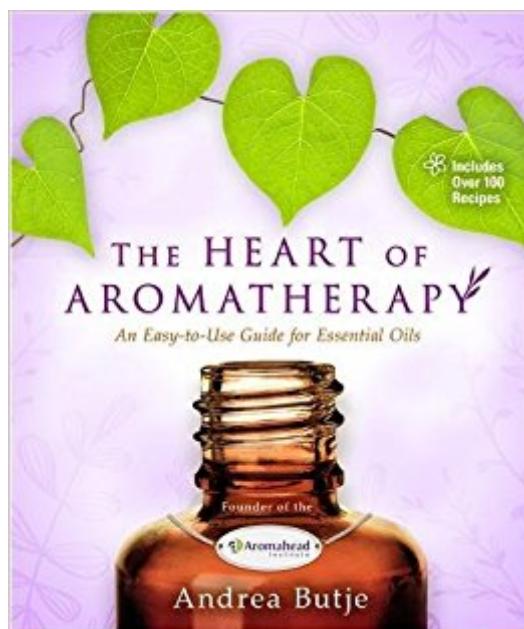


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The Heart Of Aromatherapy: An Easy-to-Use Guide For Essential Oils



Synopsis

Aromahead Institute founder Å Andrea Butje Å brings 40 essential oils to life in this guide to safe and effective aromatherapy. From cardamom to lavender to yuzu, each oil Ås aroma, uses, and safety tips are clearly defined, while the core physical and emotional supportive properties are captured in expressive personality profiles. Over 100 recipes are included to support skin care, rest and relaxation, respiratory health, digestion, pain relief, meditation and contemplation, and even natural cleaning. Kid-friendly adjustments accompany each recipe to ensure safe usage and a healthy home environment for all ages. Take an up-close and personal peek at essential oil distillers around the world as they describe the passion, work, and meticulous care they put into creating their homegrown products. Andrea walks you through what you need to know to select quality essential oils from trustworthy sources. By the end of this book, you will know which oils you want to turn to for different needs, whether physical or emotional, and you will be able to personalize aromatherapy blends to perfectly complement your mood and spirit. With only the most essential of resources, you can invigorate your mind, body, heart, and home.

Book Information

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Customer Reviews

The Aromahead Institute seeks to make the study and therapeutic use of essential oils widely accessible to casual learners and healing arts professionals around the globe through our state-of-the art online study program. By following an evidence based curriculum approach to incorporating intensive science and practical hands-on instruction, TheInstitute aims to elevate the

science and study of aromatherapy to deliver its ability to heal and enhance well-being to individuals and professionals alike.

Andrea Butje is an internationally recognized aromatherapist and author. Her aromatherapy school, Aromahead Institute, reaches students from around the world thanks to her innovative online educational programs and her inspired approach to creating community. In 2013, Andrea was honored with a Lifetime Achievement Award from the Alliance of International Aromatherapists for the remarkable work she has accomplished in the aromatherapy profession. She lives in Florida and New York, and you can visit her online at aromahead.com.

Just got my copies of your new book. Awesome! Well done! I'm a Certified Aromatherapist and still found information that was new and useful. I think this is a book that anyone interested in Essential Oils, regardless of their training, will want to have in their library. Great recipes as well as an lovely and very useful look at popular essential oils. I really liked the safety information on each oil. Thank you, Andrea. This book reflects your love of these beautiful healing gifts from Nature. I am giving one copy as a gift to a lucky friend. I highly recommend this book to anyone with even a casual interest in Essential Oils and everything needed to create a useful remedy.

When I started down the road of Aromatherapy Certification, I selected Andrea Butje's Aromahead Institute program because of her engaging, heart-centered approach to teaching the ins and outs of Aromatherapy. Truly a joyful experience. So...I wasn't a bit surprised to get her book and find it filled with "The Heart of Aromatherapy." And reading the wonderful "personality and job" descriptions of the Oils that are highlighted in her book are true smile makers! She's written a book that appeals to those of us with training and/or experience in the Aromatherapy world...And for those simply seeking an intelligent, safety conscious guide on some wonderful Oils and blends that include substitute Oils in scaled back blends for kids--It's an out of the park home run!!

My new go-to aromatherapy book! I love Andrea's style of writing in her weekly blog posts and emails, so I had a feeling The Heart of Aromatherapy would be just as wonderful. Andrea provides TONS of super clear information on the oils she profiles (safety info, where the oils come from, different uses, etc.), but also puts a fun twist on the oils by providing a character story for each one. I absolutely love how she does this! It makes it really easy to remember what oils are best to use in different situations. The blends I've tried are very easy to follow, and I can't wait to try the rest.

Reading about the essential oil distillers Andrea has worked with and visited really makes you appreciate all the work that goes into producing a little bottle of oil. Andrea's passion for the aromatherapy world shines through with every single page of this book. Highly recommend The Heart of Aromatherapy!

I am so glad I ordered this book! It's packed with lots of helpful information about many popular (and some new to me!) essential oils. The information includes uses, blending notes, and safety concerns. Because of Andrea's training, I know the information in this book is reliable I believe she's a teacher at heart because she answers the "why" question about each ingredient she recommends in her recipes. It's so nice to know why beeswax is a good choice, for example. The recipes are amazing. I'm learning so much! Thank you, Andrea Butje!

After having read this book from cover to cover, I find it to be a good book. It is a good addition to the aromatherapy library. Here is my final assessment: PROS* The information provided is solid and accurate* The profiles are very well written, and the "personalization" of each oil in the profiles is very entertaining; they can help with memorizing some of the properties of the oils for sure. CONS* The introductory material before the oil profiles is a bit "shotgun" and although it is a nice overview, it certainly lacks in completeness. A bit more time spent on this section would have made the book far better.* The recipes in the book often overlook the use of preservatives. Although the author does make mention of preservatives, she ignores them, instead opting to encourage the reader to make them on a use basis or throw away what is already made and start over. This is a waste of oils and materials. It would be much better to provide recipes that include the use of a preservative so that the reader is not encouraged to waste oils.* The recipes in the book that include the use of water or other substances in which oils do not readily mix are lacking the mention of using a good dispersant and/or emulsifier. This could have easily been added in the name of proper safety (especially in regards to baths), but the author chose to not add these to her recipes. This is unfortunate.* The index could use some improvement it is very limited. All in all, the book is a pretty good effort on the part of the author to provide information to the masses. It is my hope that there will be a second edition which will go more in depth in the introductory material, providing the reader with a better background education, as well as the author adding preservatives and dispersant/emulsifiers into her recipes. One thing I will say: The author certainly need not change anything about the oil profiles and the "personalization" of the oils; the book shows its worth in these alone.

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