



# The Aromatherapy Companion: Medicinal Uses/Ayurvedic Healing/Body-Care Blends/Perfumes & Scents/Emotional Health & Well-Being (Herbal Body)

By Victoria H. Edwards

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## **The Aromatherapy Companion: Medicinal Uses/Ayurvedic Healing/Body-Care Blends/Perfumes & Scents/Emotional Health & Well-Being (Herbal Body) By Victoria H. Edwards Bibliography**

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## **Editorial Review**

### Review

“The most comprehensive aromatherapy guide available. Victoria Edwards includes profiles of essential oils and gives instructions for using them in a wide range of recipes for beauty, health, and emotional well-being.” – Aromatherapy Thymes

### From the Back Cover

#### Discover the Healing Benefits of Aromatherapy

In *The Aromatherapy Companion*, you'll find hundreds of soothing and healing recipes for beauty, health, and emotional well-being through every stage of life. Noted aromatherapist Victoria Edwards offers a comprehensive guide to using some of the more unusual essential oils and carrier oils and shares her secret blends for the bath, massage, perfumery, health care, and aphrodisiacs. She also includes special recipes inspired by mythology, astrology, and Ayurvedic medicine.

### About the Author

Internationally known aromatherapy teacher and consultant Victoria Edwards owns Leydet Aromatics, a mail-order business specializing in essential oils. She is also director of the Aromatherapy Institute and Research Center and the author of *The Aromatherapy Companion* and *25 Aromatherapy Blends for De-Stressing*. She is a member of the National Institute of Holistic Aromatherapists and lives in northern California.

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