



Aromatherapy: Essential Oils for Healing (Live Healthy Now)

Demetria Clark

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Aromatherapy is the practice of using scent to stimulate a healing response for remedying physical, emotional, and mental health issues. These recipes and tips can be used to promote overall health, emotional well-being and cosmetic use.

Essential oils, formed from the aromatic compounds found in flowers, seeds, stems, roots, leaves, and fruits, can be used in the bath, in skin care products, topical uses like massage, lotions and sprays, and in diffusers for application in the air. Aromatherapy covers how to use essential oils safely and effectively and provides recipes for combinations of scents for specific health needs.

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