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Essential oils are extracted from
certain varieties of trees, shrubs,
herbs, grasses, roots, fruits, and
flowers. The oil is concentrated in
different parts of the plant. Vetiver oil
is made from the roots of the grass
species *Vetiveria zizanoides*; bay oil is
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Wellness is a must-have book for the aromatherapy libraries of beginners and intermediates who are eager to gain a solid understanding of specific essential oils, hydrosols and carrier oils and learn how to safely incorporate them within therapeutic and daily living applications.

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Elizabeth Ashley 4.4 out of 5 stars (838)

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profiles, The 25th Anniversary Edition of The Complete Book of Essential Oils and Aromatherapy is an incredible resource for everyone who wants to use essential oils effectively. The original 1991 edition of Valerie Ann Worwood's The Complete Book of Essential Oils and Aromatherapy was the first book I purchased pertaining to essential oils or aromatherapy.

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Most basic needs can be covered with just ten essential oils. The Complete Book of Essential Oils & Aromatherapy includes complete charts of all essential oils and their uses, a resource guide, and directions for massage. Valerie Ann Worwood is an aromatherapist, a reflexologist, a member of the London and counties society of Physiologists, and as Chairman of Research is an active member of the International Federation of Aromatherapists.

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Common Uses: Coughs, bronchitis, catarrh, digestive-linked migraines, and headaches; calms nervous digestive tract conditions (from The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Wormwood). 6. Anise Star (Star Anise) *Illicium verum*, Avoid during pregnancy/lactation [Buy Here](#)

Top 150 List of Essential Oils With
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Common examples are nutmeg, juniper, and lavender. Base Notes: Robust and earthy, base notes are the richest form of essential oil and often come from tree resin. Their heavy, distinctive scents are great for calming anxiety and nerves. Some

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well-known varieties are vanilla,
myrrh, and patchouli.

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