



Essential Oils: A Handbook for Aromatherapy Practice Second Edition

By Jennifer Peace Rhind

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Revised and significantly expanded, the new edition of this handbook provides full information on the use of essential oils in the field of contemporary aromatherapy, based on the research evidence behind their therapeutic applications.

The author provides the historical and cultural context for our understanding of aromatherapy, with an overview of its relationships with Greek, Chinese and Ayurvedic medicine. She gives a detailed account of how essential oils are created, how and where aromatherapy is used, the underlying pharmacology, and the current research. The characteristics of over 100 essential oils, absolutes and resinoids are provided in detail, including botanical and chemical information, usage and combinations.

This will be an indispensable text for all students and practitioners of aromatherapy and related disciplines, as well as anyone interested in the use of essential oils for health and well-being.

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Editorial Review

Review

The book is sound, has a good scientific and technical basis, it is extremely well organised and written in an extremely clear way: a really very interesting reading for everyone. The glossary as well as a series of appendices makes out of this handbook an extremely precious tool for the all students and practitioners of aromatherapy and related disciplines, as well as anyone interested in the use of essential oils for health and well-being. -- H and PC (Household and Personal Care Today) This book is sure to become one of the classic aromatherapy texts. It is an affordable, accessible book that I will be using myself, recommending to others, and using with my students. -- IJPHA (International Journal of Professional Holistic Aromatherapy) this book is a welcome addition to the English-speaking world of published work on the therapeutic value of essential oils and other aromatic extracts... The author succeeds in weaving scientific research and clinical rationale with holistic principles of healing in a practical text suitable for more in-depth training courses in botanical therapies. -- Herbalgram Journal The first edition was good, this second edition is even better... This book is a valuable addition to the reference books needed if one is to continue to grow as a Clinical Aromatherapist. -- The SEED Institute Newsletter Jennifer executed this book beautifully with an elegant style of writing that entices the reader without overloading them with too much information... "Essential Oils" is a bible for anyone practising or learning aromatherapy, taking them on a journey from birth to ancient practices.' -- The Association of Natural Medicine Overall, this book is a welcome addition to the English-speaking world of published work on the therapeutic value of essential oils and other aromatic extracts. It expounds on the diversity of this growing modality of professional aromatherapy with a broad and scientific approach to the properties and potentials of essential oils by connecting biological properties, scientific research, and clinical applications of this particular form of botanical therapy. The professional aromatherapist, educator, herbalist, student, and complementary care practitioner will find it most useful. The author succeeds in weaving scientific research and clinical rationale with holistic principles of healing in a practical text suitable for more in-depth training courses in botanical therapies. -- HerbalGram: The Journal of the American Botanical Council This book is a breath of fresh air in written form. Jennifer's non-judgmental approach gives her the vision to encompass a wonderfully broad perspective. From the recent history of aromatherapy's development, to the potential uses of absolutes, to scientific validation for essential oil properties that were previously only "assumed" or "suspected", Jennifer brings us up to date by connecting clinical practice with biology in new and fascinating ways. -- Robert Tisserand, aromatherapy author, educator and consultant Essential Oils thoroughly elucidates the diverse range of facts and principles that inform contemporary aromatherapy. Expertly analysing its scientific, vitalistic and clinical rationale, Jennifer Rhind applies an astute scholarship to a multifaceted study. An indispensable handbook for the practitioner, student and enthusiast, Essential Oils succeeds as both a comprehensive resource and an engrossing read. -- Gabriel Mojay, FIFPA, MBAC, CertEd Finally we have the "missing-link" text to facilitate the journey into the world of aromatherapy practice! This excellent book is well researched, detailed, up to date, relevant and completely accessible to student and qualified aromatherapists alike. It is rare to find a text that successfully combines holistic principles with practitioner-focussed evidence based research. Essential Oils: A Handbook for Aromatherapy Practice accomplishes this beautifully and is an ideal course text for all aromatherapy colleges. -- Rhiannon Harris, Editor, International Journal of Clinical Aromatherapy Praise for the first edition: 'A relevant, topical and highly readable text with very interesting ideas for today's practitioner' -- David Pirie, BSc, PGDip Herbal Medicine, M. NIMH, Dip. Aromatherapy, Lecturer in Herbal Medicine, Edinburgh Napier University, UK The information regarding classification of essential oils and blending approaches is both informative and extensive, and the knowledge contained within this text makes it essential reading for students, practitioners and lecturers of Aromatherapy and

indeed other complementary therapies. Dr. Jennifer Rhind was an inspiration to me and I know that my copy of her book will never be far from reach. -- Lesley Ann Potter, BSc Complementary Therapies (Aromatherapy), Lecturer in Complementary Therapies, Moray College, Scotland As a student I found Dr. Rhind's book easy to use with a wealth of information about a wide range of oils. The suggestions for therapeutic blending are invaluable. As a practising aromatherapist, *Essential Oils: A Handbook for Aromatherapy Practice* is still my first point of reference -- Cath Boyle, MA (Hons) Sociology, BSc Complementary Therapies (Aromatherapy), PGCE, MIFPA

Review

The book is sound, has a good scientific and technical basis, it is extremely well organised and written in an extremely clear way: a really very interesting reading for everyone. The glossary as well as a series of appendices makes out of this handbook an extremely precious tool for the all students and practitioners of aromatherapy and related disciplines, as well as anyone interested in the use of essential oils for health and well-being. (H and PC (Household and Personal Care Today))

This book is sure to become one of the classic aromatherapy texts. It is an affordable, accessible book that I will be using myself, recommending to others, and using with my students. (IJPHA (International Journal of Professional Holistic Aromatherapy))

this book is a welcome addition to the English-speaking world of published work on the therapeutic value of essential oils and other aromatic extracts... The author succeeds in weaving scientific research and clinical rationale with holistic principles of healing in a practical text suitable for more in-depth training courses in botanical therapies. (Herbalgram Journal)

The first edition was good, this second edition is even better... This book is a valuable addition to the reference books needed if one is to continue to grow as a Clinical Aromatherapist. (The SEED Institute Newsletter)

Jennifer executed this book beautifully with an elegant style of writing that entices the reader without overloading them with too much information... "Essential Oils" is a bible for anyone practising or learning aromatherapy, taking them on a journey from birth to au courant practices.' (The Association of Natural Medicine)

Overall, this book is a welcome addition to the English-speaking world of published work on the therapeutic value of essential oils and other aromatic extracts. It expounds on the diversity of this growing modality of professional aromatherapy with a broad and scientific approach to the properties and potentials of essential oils by connecting biological properties, scientific research, and clinical applications of this particular form of botanical therapy. The professional aromatherapist, educator, herbalist, student, and complementary care practitioner will find it most useful. The author succeeds in weaving scientific research and clinical rationale with holistic principles of healing in a practical text suitable for more in-depth training courses in botanical therapies. (HerbalGram: The Journal of the American Botanical Council)

This book is a breath of fresh air in written form. Jennifer's non-judgmental approach gives her the vision to encompass a wonderfully broad perspective. From the recent history of aromatherapy's development, to the potential uses of absolutes, to scientific validation for essential oil properties that were previously only "assumed" or "suspected", Jennifer brings us up to date by connecting clinical practice with biology in new and fascinating ways. (Robert Tisserand, aromatherapy author, educator and consultant)

Essential Oils thoroughly elucidates the diverse range of facts and principles that inform contemporary

aromatherapy. Expertly analysing its scientific, vitalistic and clinical rationale, Jennifer Rhind applies an astute scholarship to a multifaceted study. An indispensable handbook for the practitioner, student and enthusiast, Essential Oils succeeds as both a comprehensive resource and an engrossing read. (Gabriel Mojay, FIFPA, MBAC, CertEd)

Finally we have the "missing-link" text to facilitate the journey into the world of aromatherapy practice! This excellent book is well researched, detailed, up to date, relevant and completely accessible to student and qualified aromatherapists alike. It is rare to find a text that successfully combines holistic principles with practitioner-focussed evidence based research. Essential Oils: A Handbook for Aromatherapy Practice accomplishes this beautifully and is an ideal course text for all aromatherapy colleges. (Rhiannon Harris, Editor, International Journal of Clinical Aromatherapy)

Praise for the first edition:

'A relevant, topical and highly readable text with very interesting ideas for today's practitioner'

(David Pirie, BSc, PGDip Herbal Medicine, M. NIMH, Dip. Aromatherapy, Lecturer in Herbal Medicine, Edinburgh Napier University, UK)

The information regarding classification of essential oils and blending approaches is both informative and extensive, and the knowledge contained within this text makes it essential reading for students, practitioners and lecturers of Aromatherapy and indeed other complementary therapies. Dr. Jennifer Rhind was an inspiration to me and I know that my copy of her book will never be far from reach. (Lesley Ann Potter, BSc Complementary Therapies (Aromatherapy), Lecturer in Complementary Therapies, Moray College, Scotland)

As a student I found Dr. Rhind's book easy to use with a wealth of information about a wide range of oils. The suggestions for therapeutic blending are invaluable. As a practising aromatherapist, Essential Oils: A Handbook for Aromatherapy Practice is still my first point of reference (Cath Boyle, MA (Hons) Sociology, BSc Complementary Therapies (Aromatherapy), PGCE, MIFPA)

From the Inside Flap

This revised and expanded handbook is an in-depth guide to essential oils, providing a research-based overview of the field of aromatherapy. It looks at the essential oils used in contemporary aromatherapy practice, with an emphasis on the underlying philosophical approaches and therapeutic applications.

The book begins with an explanation of the theoretical history of aromatherapy in Greek, Chinese and Ayurvedic medicine. It then gives a detailed account of how essential oils are created, how and where aromatherapy is used, the underlying pharmacology, and the current research. The characteristics of over 100 essential oils, absolutes and resinoids are explored, including botanical and chemical information, usage and combinations.

This will be an indispensable text for all students and practitioners of aromatherapy and related disciplines, as well as anyone interested in the use of essential oils for health and well-being.

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