



## Essential Oils Every Day: Rituals and Remedies for Healing, Happiness, and Beauty (Hardback)

By Hope Gillerman

Harperelixer, 2016. Hardback. Condition: New. Language: English . Brand New Book. From Hope Gillerman, founder of the aromatherapy line H. Gillerman Organics, an indispensable guide to the fundamentals of one of our most ancient and aromatic healing tools, essential oils--nature's most concentrated plant medicines. Fragrant and wonderfully sensual, one hundred times more concentrated than dried herbs, essential oils are the ultimate in luxurious natural self-care. Pairing pleasure with potent healing, essential oils have been a therapeutic treatment of choice for thousands of years, from ancient Egyptian rituals to Chinese medicine, Ayurvedic treatments, and Aromatherapy. But while essential oils are accessible, versatile, and beautiful, few of us know how simple it is to harness their power. Enter Hope Gillerman, founder of H. Gillerman Organics, a line of essential oil remedies beloved by celebrities, the fashion elite, and leaders of holistic healing. With passion and unparalleled expertise, Hope takes readers on a lively tour through the science and history of essential oils. Carefully culling the hundreds of oils out there to introduce readers to the forty truly must-have oils for home use, from lavender to jasmine and eucalyptus, she provides clear, quick, and easy-to-follow techniques for integrating them into daily life--as...



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