



Aromatherapeutic Blending: Essential Oils in Synergy

Jennifer Peace Rhind

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Synergistic blending is at the very core of aromatherapy practice. This book explores the concept of synergy and the evidence for its presence and significance, and provides practical guidance on how to build aromatherapeutic blends effectively and safely based on research evidence.

The author covers new and exciting developments in research into the use of essential oils, explores the merits and limitations of holistic, psychosensory and molecular approaches to blending and suggests effective ways of choosing the most suitable approach for individual clients. Evidence-based profiles of essential oils and absolutes are included and the comprehensive tables summarising their actions enable practitioners to identify easily potential contenders for synergistic blends.

Throughout the book, the author encourages students and practitioners of all levels to reflect on their practice, appraising the intended outcomes of their blends and treatment plans, so that they can emerge more knowledgeable and insightful practitioners.

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