



Aromatherapy Handbook for Beauty, Hair and Skin Care: A Guide to the Use of Essential Oils for Beauty and Healing

Erich Keller

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Now you can take personal control of your beauty care and the cosmetic products you use. This complete guide to aromatherapy in hair and skin care allows you freedom from the commercial world of preservatives and additives, and access to cosmetics that are custom made, natural, vibrant, and health-giving. From a facial steam bath of juniper, lemon, and cypress to a tanning lotion of witch hazel, bergamot, and lavender, or a stimulating massage oil of rosewood, geranium, and orange, aromatherapy cosmetics can be made to your own specifications, at the same time providing personalized gifts for those close to you.

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