



Advanced Aromatherapy: The Science of Essential Oil Therapy

By Kurt Schnaubelt Ph.D.

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A chemist and aromatherapy practitioner provides scientific proof for the effectiveness of using essential oils.

Aromatherapy is the fastest-growing segment of the body care industry, an effective and deeply pleasurable way to maintain well-being. Now, Kurt Schnaubelt, a chemist and longtime aromatherapy practitioner, provides scientific proof for the efficacy of essential oils, explained clearly and logically.

Advanced Aromatherapy draws on the most recent research to demonstrate how essential oils work on the cells and microbes of the body. These chemical changes affect emotional states as well as physical ones.

Advanced Aromatherapy explains how to treat symptoms ranging from hay fever to stress disorders with predictable results.

An essential textbook for aromatherapy practitioners.

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Bibliography

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- Ingredients: Advanced Aromatherapy draws on broad-based research to demonstrate how essential oils interact with the different systems of the body and how they affect emotional states as well as physical ones. Students of aromatherapy wishing to take their practice to the next level will find that much of the guesswork used in developing formulas is no longer necessary.
- Original language: English
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Editorial Review

Review

"Schnaubelt brings singular authority to this explanation of the reasons why essential oils act on different systems of the body. This is aromatherapy's next generation, based in scientific analysis and structured to produce predictable results. Essential for the serious student." (*NAPRA ReView Vol. 9, No.5*)

"Schnaubelt presents sound research to demonstrate how essential oils interact with the different systems of the body." (*Making Scents, Winter 1998-99*)

"Schnaubelt clearly and logically illustrates the science of his healing art. . . . Exciting, must have information for anyone going beyond a dab of relaxing lavender on the pillow or peppermint drops in honey water for an upset stomach. . . . An important new reference." (*So Young!*)

Language Notes

Text: English

Original Language: German

About the Author

Kurt Schnaubelt holds a Ph.D. in chemistry and is director of the Pacific Institute of Aromatherapy in San Francisco.

Users Review

From reader reviews:

Edward Capps:

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