



Healing Gardens: Aromatherapy - Feng Shui - Holistic Gardening - Herbalism - Color Therapy - Meditation

Romy Rawlings

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Our own gardens, regardless of size, should provide a welcome sanctuary for relaxation from the pressures of the outside world. When carefully planned, the garden can even make a positive contribution to a healthier and happier life. Healing Gardens beautifully demonstrates how alternative therapies such as meditation, aromatherapy, feng shui and color therapy can be put into practice in the home garden for maximum results. The helpful narrative explores personal needs for revitalization and offers solutions to a range of health problems, including asthma, hay fever and stress. Comprehensive plant lists are provided for each of the suggested therapies, with expert advice on selection of species, growing and healing uses. Lavish color photographs and artwork illustrate the principles of garden design, planting and ornaments. Whether you have a country garden or a city terrace - or even a window box - this book shows in exquisite detail how you can maximize the healing potential of your garden environment.

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