



Aromatherapy and the Mind

Julia Lawless

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Offers an exploration into the realm of fragrance. Throughout the history of civilization, perfumes, incense and aromatic plants and oils have been used to enhance human experience, and today aromatherapy is attracting widespread interest. We are all aware of our individual responses to fragrance, but the psychological and emotional effects of essential oils have been little explored. Can aromas be used therapeutically to bring about predictable results? Here the latest scientific research, primitive beliefs and traditions re-examined in an analysis of the development and role of fragrance - and its promise of healing for the human psyche. By the author of the "Encyclopedia of Essential Oils".

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