



Ayurveda and Aromatherapy: The Earth Essential Guide to Ancient Wisdom and Modern Healing

By Dr Light Miller & Dr Bryan Miller

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2012.
Softcover. Book Condition: New. Third Reprint. This book is a collection of twenty-five years of healing experience using aromatherapy and Ayurveda. It includes a self-dianosis questionnaire to determine your metabolic type, descriptions of essential oils, and recipes for the use of essnetial oils for common problems. It contains detailed information on over 100 essential oils, as well as over 100 illustrations and photographs. Printed Pages: 371.



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