



The Encyclopedia of Healing Plants: A Complete Guide to Aromatherapy, Flower Essences & Herbal Remedies

Chrissie Wildwood

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Aromatherapy, herbal remedies, and flower remedies are probably the most popular and accessible forms of alternative healthcare. Safe and easy to use, they are perfect for people who want a natural and effective way to cope with stress and care for themselves and their families. It is an invaluable and in-depth guide to essential oils, flower remedies, herbs, and their combined uses for healing emotional disharmony.

Attractively designed, using two-color throughout, this comprehensive book covers everything you need to know about vibrational medicine.

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