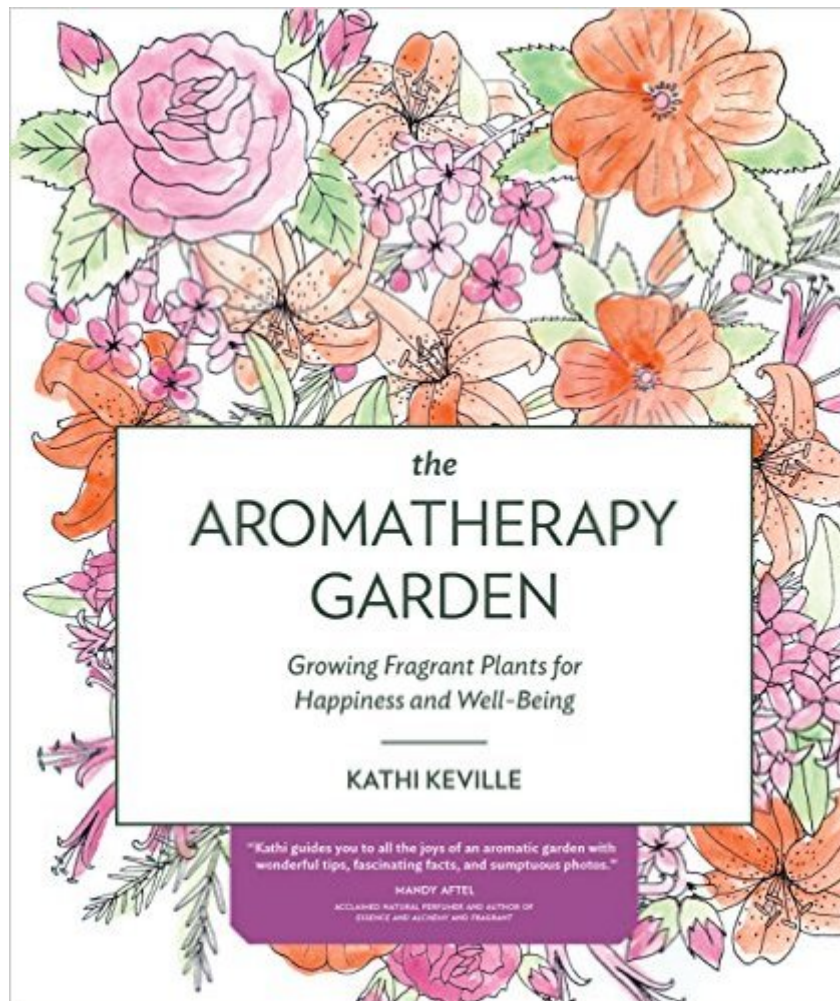


The book was found

The Aromatherapy Garden: Growing Fragrant Plants For Happiness And Well-Being



Synopsis

â œKathi guides you to all the joys of an aromatic garden with wonderful tips, fascinating facts, and sumptuous photos.â •Â â ”Mandy Aftel, acclaimed natural perfumer and author ofÂ Essence and Alchemy and FragrantThe Aromatherapy Garden explains how fragrant plants can be as therapeutic as they are intoxicating, and how easy it is to add this captivating element to gardens large and small. It reveals the scents, secrets, and science behind fragrant plants, and how to optimize the full benefits of fragrance. Hone your powers of concentration with lemon verbena. Beat the blues with wintersweet. And use rose geranium to relieve anxiety and stress. Revealed here are the scents, secrets, and science behind plant aromatherapy, and how to optimize its full benefits. Detailed plant profiles will help you create a beautiful source of restorative aromas, oils, sachets, teas, and more. The nose knowsâ ”and with Kevilleâ™s expertise, now you too can create your own sanctuary of health and happiness

Book Information

Paperback: 276 pages

Publisher: Timber Press; 1st edition (April 27, 2016)

Language: English

ISBN-10: 1604695498

ISBN-13: 978-1604695496

Product Dimensions: 7.5 x 0.7 x 9 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (4 customer reviews)

Best Sellers Rank: #272,742 in Books (See Top 100 in Books) #172 inÂ Books > Crafts, Hobbies & Home > Gardening & Landscape Design > Herbs #196 inÂ Books > Crafts, Hobbies & Home > Gardening & Landscape Design > Landscape #253 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy

Customer Reviews

I was recently given this book as a birthday present and I am really impressed. It is full of gorgeous color photographs of the authors garden and hundreds of other aromatic plants. This book is filled with a wealth of historic, scientific and folkloric information that any aspiring herbalist or plant enthusiast would find fascinating. Tons of tips on cultivating individual plants, harvesting, preserving and creating herbal products. Recipes, plant profiles, garden design ideas. The best birthday present and soon to be my gardening handbook.

This is a really well done book. It is full of instruction, inspiration and passion. It is also fun to read and at some point while reading you will most likely feel an overwhelming urge to head to a nursery! Really a great buy and cheap at the price for what it contains.

Author is knowledgeable and easy to understand. Great Book!

great service

[Download to continue reading...](#)

The Aromatherapy Garden: Growing Fragrant Plants for Happiness and Well-Being Air Plants: A Beginners Guide To Understanding Air Plants, Growing Air Plants and Air Plant Care (Air Plants, Ornamental Plants, House Plants) The Complete Book of Essential Oils and Aromatherapy: Over 800 Natural, Nontoxic, and Fragrant Recipes to Create Health, Beauty, and Safe Home and Work Environments The Complete Book of Essential Oils and Aromatherapy: Over 600 Natural, Non-toxic & Fragrant Recipes to Create Health & Beauty & A Safe Home Environment Aromatherapy for the Healthy Child: More Than 300 Natural, Nontoxic, and Fragrant Essential Oil Blends Indoor Gardening: 12 Creative Gardening Tips on Garden Design. Discover the Ultimate Small Garden Ideas for Creating the Garden of Your Dreams (Indoor Gardening, garden design, indoor plants) Cannabis: The Beginners Guide on How to Start Growing Marijuana Plants at Home (Cannabis, Cannabis Growing, Marijuana, Marijuana Growing, Marijuana Horticulture) Cannabis Success: The Easiest Guide on Growing Large Marijuana Plants at Home (Cannabis, Cannabis Growing, Marijuana, Marijuana Growing, Medical Marijuana, Medical Cannabis, Hydroponics) Essential Oils and Aromatherapy: The Ultimate Essential Oils and Aromatherapy Guide for Health, Healing and Beauty Essential Oils: Ultimate Essential Oils Guide and 89 Powerful Essential Oil Recipes! (2nd Edition) - How to Use Essential Oils for Aromatherapy and Healthy ... Loss, Essential Oil Recipes, Aromatherapy) ESSENTIAL OILS: Aromatherapy, Essential Oils For Beginners, And Essential Oil Recipes To Improve Your Health (Medicinal Herbs) (Essential oil recipes, ... Aromatherapy and essential oils Book 1) Essential Oils: 120+ Essential Oils Recipes For Diffusers, Aromatherapy, Natural Remedies For Skin And Hair Care: (Essential Oils For Weight Loss, Aromatherapy) ... Oils, Essential Oils For Allergies) Flourish: A Visionary New Understanding of Happiness and Well-being Essential Oils 2016: 200 Natural Beauty Recipes: Diffusers, Skin Care Remedies, Weight Loss, Aromatherapy: (Young Living Essential Oils Book, Natural Remedies) (Home Remedies, Aromatherapy) Spontaneous Happiness: A New Path to Emotional Well-Being Northwest Top 10

Garden Guide: The 10 Best Roses, 10 Best Trees--the 10 Best of Everything You Need - The Plants Most Likely to Thrive in Your Garden ... Most Important Tasks in the Garden Each Month Growing Marijuana: Beginner's Guide for Big Buds - step by step (How to Grow Weed, Growing Marijuana Outdoors, Growing Marijuana Indoors, Marijuana Bible) Marijuana: Growing Marijuana, Beginner's Guide for Big Buds - Step by Step (How to Grow Weed, Growing Marijuana Outdoors, Growing Marijuana Indoors, Marijuana Bible) Cannabis: 15 Easiest Hacks to Grow Marijuana Plants at Home: (DIY Cannabis Extracts, Gardening, Cannabis, Cannabis Growing, Gardening Books, Botanical, ... strains, indoor growing, cannabis dabbing) Medicinal Herbs: Discover 12 Powerful Medicinal Herbs You Can Immediately Start Growing In Your Garden (Herbal Remedies, Alternative Medicine, Healing Herbs, Growing Herbs)

[Dmca](#)