## The Fragrant Mind

## Valerie Ann Worwood

The Fragrant Mind Valerie Ann Worwood, 2012-08-20 The Fragrant Mind is written in an easy, accessible style for anyone who wishes to learn how essential oils can influence our minds and emotions and how to use aromatherapy to maintain a peaceful equilibrium or bring about positive change. Valerie Worwood's The Complete Book of Essential Oils and Aromatherapy (over 200,000 copies sold) has become the encyclopedia of essential oils and aromatherapy, earning itself the status of a popular household and reference classic. In this companion volume, Worwood concentrates on the emotional, psychological, and mood-changing effects of nature's oils.

The Fragrant Mind Valerie Ann Worwood, 1995

The Fragrant Mind Valerie Ann Worwood,1996 Written in an accessible style and aimed at aromatherapists, practitioners of alternative medicine, and anyone wishing to use aromatherapy to maintain a peaceful equilibrium or bring about positive change, this book concentrates on the mood-changing effects of natural oils. A good addition to alternative medicine collections.--Library Journal.

The Fragrant Mind Kristen Cashman, 2015-05-11

**The Fragrant Mind** Valerie Ann Worwood,1997 Focusses on the emotional, psychological and mood-changing effects of nature's essential oils. This work presents a background to the subject, and explains how essential oils work on the brain. It explains how essential oils can enhance emotional well-being and promote positive feelings. It introduces a different concept in aromatherapy.

The Fragrant Heavens Valerie Ann Worwood,1999 A noted aromatherapist provides rich insight into the spiritual powers of fragrance. Including a guide to analyzing the differences between physical, emotional, mental, and spiritual crises, this book presents a system of using essential oils homeopathically. Color illustrations.

Aromatherapy for the Soul Valerie Ann Worwood, 2012-08-22 Fragrances possess a unique ability to evoke emotions, memories, and visions. Since the dawn of time spiritual traditions as diverse as Judaism, Christianity, Islam, Shinto, and Buddhism have used fragrances to enhance the experience of the Divine. With Aromatherapy for the Soul, world-renowned aromatherapist Valerie Ann Worwood has created a comprehensive guide to the use of essential oils and aromas to enhance spiritual practice. Originally published as The Fragrant Heavens, this groundbreaking book draws equally upon the

pioneering research of eminent scientists and the insights of leading spiritual teachers. Extensive charts and exercises demonstrate how to use fragrance in healing, prayer, and meditation and in conjunction with vibrational and energetic healing. This extraordinary guide covers more than seventy essential oils and will help you call upon the divine power of fragrance to enrich your spiritual journey.

Fragrant Pharmacy Valerie Worwood,1991 The Fragrant Pharmacy opens the way to a whole world of fresh possibilities. It is a new approach to nature through one of its most powerful forms - those fragrant 'essential oils' drawn from flowers and grasses, trees and roots, leaves and fruit, that remain the great untapped resources of our planet. The Fragrant Pharmacy shows how each essential oil can offer many diverse benefits. One of the most holistic of all systems of medicine, the oils can alleviate symptoms, prevent many illnesses and disorders and help in their healing process. But more than that, they can provide all of us - our families, our homes, even our pets - with the protections and pleasures we need...without the chemical pollution of our bodies or our envirnment. This illuminating and imaginative book of aromatherapy is the household manual of the future. It is a treasury of information about precious life- and health-enhancing liquids that work in complex harmony with people and planet alike. Here is a comprehensive encyclopaedia of 'medicines out of the earth', those miracles of creation which revitalise and rejuvenate, enhance our emotions and help our work and play. It charts out for all of us a fragrant way to family health and home delights.

Fragrant Mind Poster Worwood,

Scents & Scentuality Valerie Ann Worwood,2012-08-21 Fragrances and aromas have been used throughout time for love and seduction. Now modern science is discovering what lovers and the sunsually aware have always known -- that smell is a powerful stimulant that affects our emotions and our memories, our well-being, and even our destinies. Scents and Sexuality explores this little-known realm, showing how the potent and pure essential oils of nature can heighten the pleasure of daily life or enrich a romantic evening.

The Complete Book of Essential Oils and Aromatherapy Valerie Ann Worwood,2012-08-23 This encyclopedic book contains, in practical and easy-to-understand form, every conceivable use for essential oils and aromatherapy in everyday life. The author, a practicing aromatherapist for more than twenty years, unlocks the power of essential oils in more than 600 original recipes, most needing only a few essential oils. Unlike over-the-counter products, the recipes you make yourself contain no harmful preservatives. Most basic needs can be covered with just ten essential oils.

The Complete Book of Essential Oils and Aromatherapy, Revised and Expanded Valerie Ann Worwood, 2016-10-14 Completely updated, the best book on the topic available anywhere has just gotten better! A necessary resource for anyone interested in alternative approaches to healing and lifestyle, this new edition contains more than 800 easy-to-follow recipes for essential oil treatments. No one has provided more thorough and accurate guidance to the home practitioner or

professional aromatherapist than Valerie Ann Worwood. In her clear and positive voice, Worwood provides tools to address a huge variety of health issues, including specific advice for children, women, men, and seniors. Other sections cover self-defense against microbes and contaminants, emotional challenges, care for the home and workplace, and applications for athletes, dancers, travelers, cooks, gardeners, and animal lovers. Worwood also offers us her expertise in the use of essential oils in beauty and spa treatments, plus profiles of 125 essential oils, 37 carrier oils, and more. Since the publication of the first edition of this book 25 years ago, the positive impact of essential oil use has become increasingly recognized, as scientific researchers throughout the world have explored essential oils and their constituents for their unique properties and uses.

The Complete Book of Essential Oils and Aromatherapy, Revised and Expanded Valerie Ann Worwood, 2016-10-15 Looking for books on essential oils? Completely updated essential oils book: The Complete Book of Essential Oils and Aromatherapy might be the best aromatherapy book available anywhere. And, it just got better! If you liked Modern Essentials, you'll love this essential oils favorite: The Complete Book of Essential Oils and Aromatherapy, Revised and Expanded is a necessary resource for anyone interested in alternative approaches to healing and lifestyle. This new edition contains more than 800 easy-to-follow recipes for essential oil treatments from Valerie Ann Worwood, a consultant and expert on the clinical uses of essential oils internationally. Explore the multitude of benefits of essential oils and aromatherapy: In her clear and positive voice, Worwood provides tools to address a variety of health issues, including specific advice for children, women, men, and seniors. This aromatheraphy book also covers self-defense against microbes and contaminants, emotional challenges, care for the home and workplace, and applications for athletes, dancers, travelers, cooks, gardeners, and animal lovers. Worwood also offers us her expertise in the use of essential oils in beauty and spa treatments, plus profiles of 125 essential oils, 37 carrier oils, and more. An essential oils book classic for 25 years: Since the publication of the first edition of this book 25 years ago, the positive impact of essential oil use has become increasingly recognized, as scientific researchers throughout the world have explored essential oils and their constituents for their unique properties and uses.

**The Fragrant Pharmacy** Valerie Ann Worwood,2009 Described as one of the most holistic systems of medicine, essential oils can alleviate symptoms, prevent many illnesses and disorders, and help in the healing process.

**Aromatherapy and the Mind** Julia Lawless,2014-10-16 This guide offers a fascinating exploration into the realm of fragrance. It clearly explains the psychological and emotional effects of essential oils showing how they can be used to:

The Essential Oils Book Colleen K. Dodt,1996-02-29 Discover the fragrant world of essential oils. Herbalist Colleen K. Dodt profiles the healing and cleaning powers of dozens of oils extracted from herbs, flowers, roots, barks, and resins. This comprehensive guide includes recipes for natural cleaning products, lotions, and ointments that will keep you feeling happy

and smelling great. Fill your days with stimulating scents as you learn to use essential oils to wash your dishes, soothe sunburns, combat stress, and improve the quality of your life.

Fragrant Mandy Aftel,2014-10-16 Winner of the 2016 Perfumed Plume Award The "Alice Waters of American natural perfume" (indieperfume.com) and author of the Art of Flavor celebrates our most potent sense, through five rock stars of the fragrant world Mandy Aftel is widely acclaimed as a trailblazer in natural perfumery. Over two decades of sourcing the finest aromatic ingredients from all over the world and creating artisanal fragrances, she has been an evangelist for the transformative power of scent. In Fragrant, through five major players in the epic of aroma, she explores the profound connection between our sense of smell and the appetites that move us, give us pleasure, make us fully alive. Cinnamon, queen of the Spice Route, touches our hunger for the unknown, the exotic, the luxurious. Mint, homegrown the world over, speaks to our affinity for the familiar, the native, the authentic. Frankincense, an ancient incense ingredient, taps into our longing for transcendence, while ambergris embodies our unquenchable curiosity. And exquisite jasmine exemplifies our yearning for beauty, both evanescent and enduring. In addition to providing a riveting initiation into the history, natural history, and philosophy of scent, Fragrant imparts the essentials of scent literacy and includes recipes for easy-to-make fragrances and edible, drinkable, and useful concoctions that reveal the imaginative possibilities of creating with—and reveling in—aroma. Vintage line drawings make for a volume that will be a treasured gift as well as a great read.

*Essential Aromatherapy* Susan Worwood, Valerie Ann Worwood, 2012-08-22 Here is a complete guide to aromatherapy, a modern healing technique with ancient origins. Essential Aromatherapy organizes essential oils into alphabetical listings, providing their profiles, applications, and the physical and emotional conditions that warrant their use. Also included are detailed treatments for a variety of ailments and special circumstances.

Fragrance and Wellbeing Jennifer Peace Rhind, 2013-10-21 For thousands of years fragrance has been used, across many varied cultures, for altering mental and emotional states, and as part of spiritual practice. This book explores the impact of fragrance on the psyche from biological, anthropological, perfumery and aromatherapy viewpoints. Beginning with an exploration of our olfactory system and a discussion of the language of odour, the book examines the ways in which fragrance can influence our perceptions and experiences. It introduces us to a broad range of fragrance types – woody, resinous, spicy, herbaceous, agrestic, floral and citrus, as well as the attars that form part of Unani Tibb medicine. Traditional and contemporary uses and the mood-enhancing properties of fragrance types are presented. The book then provides an overview of the theoretical and philosophical frameworks that have been used to analyse how and why we choose fragrance. Finally readers are given guidance on how to cultivate their olfactory palate, which reveals a new dimension in the use of fragrance to enhance wellbeing. This book offers a wealth of knowledge on plant aromatics and the powerful influence of fragrance on wellbeing. It will be of particular interest to aromatherapists, perfumers, psychotherapists, ethnobotanists and

anthropologists.

The Spiritual Mind Jim Ryan,2012-06-29 We are all susceptible to negative external influences, but hidden within each of us is a spiritual power that is waiting to be rediscovered. In this insightful and practical book, based on the author's personal reflections and life-long experience as a pupil and teacher of spirituality, Jim Ryan presents a unique examination of the mind as it is now, together with practical ways to develop a more spiritual way of thinking and being. Firstly, he shows you how to recognize and change the five negative states of mind: the stone mind, the hollow mind, the coral mind, the fragrant mind and the sponge mind. Then he sets out the pathway to change, helping you to rediscover nine positive mind states, including the wisdom mind, the love mind, the divine mind and ultimately the angelic mind. Aimed at all spiritual thinkers, regardless of religious background, this book shows you how to move from one mind state and how to reconnect with your inner spiritual power.

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