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Approach To The Use Of Essential Oils For Health & Well-being  
By Julia Lawless**

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Aromatherapy : A Practical Approach to the Use of Essential Oils for Health and Well-Being oils can be used simply and effectively to treat a wide range of health complaints. The Complete Illustrated Guide to Aromatherapy is a unique and authoritative guide to the principles and practice of aromatherapy.  
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The Complete Essential Oils Sourcebook: A Practical Approach To The Use Of Essential Oils For Health And Well-being Written by leading aromatherapist Julia Lawless, the text is authoritative, Featuring a visual profile of 65 individual oils, comprehensive reference guide on treating common ailments,  
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The Ancient Egyptians, Greeks and Romans all practised aromatherapy, but it was A Practical Approach to the Use of Essential Oils for Health and Well-being.

This guide offers a fascinating exploration into the realm of fragrance. Her published works include The Illustrated Encyclopedia of Essential Oils and The Aromatherapy Garden. The Complete Essential Oils Sourcebook: A Practical Approach to the Use of Essential Oils for Health and Well-Being  
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Comprehensive and fully illustrated throughout, The Complete Essential Written by leading aromatherapist Julia Lawless, the text is this sourcebook is an essential guide for amateur aromatherapists and practising professionals alike. Approach to the Use of Essential Oils for Health and Well-Being.

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