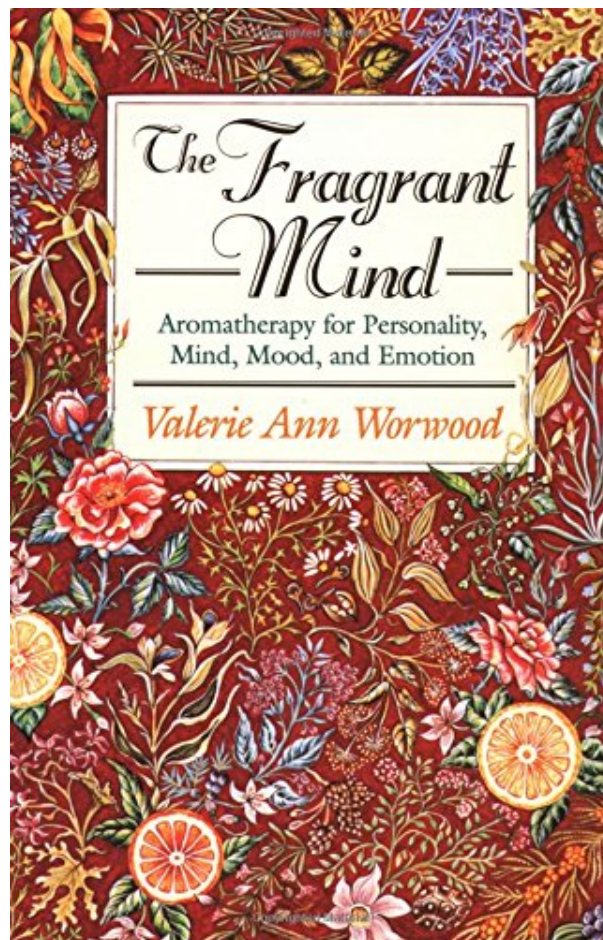
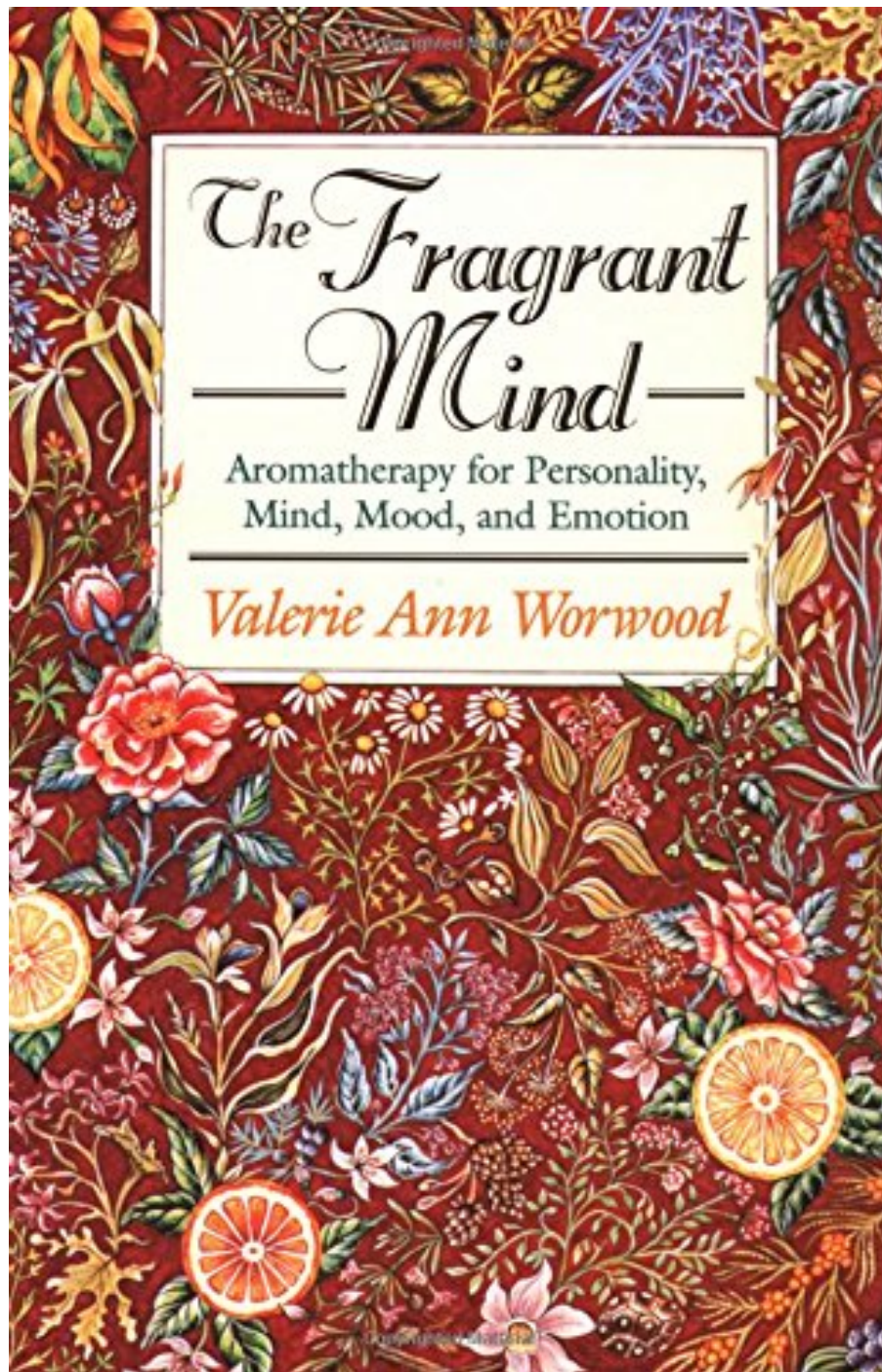


# THE FRAGRANT MIND: AROMATHERAPY FOR PERSONALITY, MIND, MOOD AND EMOTION BY VALERIE ANN WORWOOD



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## **Review**

This encyclopedia of aromatherapy presents the latest scientific research about aroma's effects on the mind and body. This title goes beyond listing aromas for specific ailments: it tells how to mix oils for massage, how to understand herbal mood enhancers, and how to review the information on aromatherapy and personality. An essential handbook. -- Midwest Book Review

## **About the Author**

Valerie Ann Worwood is internationally acknowledged as one of the world's leading aromatherapists and is the author of the bestselling The Fragrant Pharmacy, The Fragrant Mind and The Fragrant Heavens. Awarded a Doctorate in 1990, she has served on the executive councils of the International Federation of Aromatherapists and the Aromatherapy Organizations Council, and has initiated research projects into the clinical use of essential oils.

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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.

- Sales Rank: #81782 in Books
- Brand: Brand: New World Library
- Published on: 1996-08-13
- Original language: English
- Number of items: 1
- Dimensions: 9.04" h x 1.18" w x 6.10" l, 1.19 pounds
- Binding: Paperback
- 496 pages

## Features

- Used Book in Good Condition

## Review

This encyclopedia of aromatherapy presents the latest scientific research about aroma's effects on the mind and body. This title goes beyond listing aromas for specific ailments: it tells how to mix oils for massage, how to understand herbal mood enhancers, and how to review the information on aromatherapy and personality. An essential handbook. -- Midwest Book Review

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## Most helpful customer reviews

42 of 42 people found the following review helpful.

Fantastic Book -- Love Valerie Worwood's others too...Just one issue

By ARCReviewer

I have *The Fragrant Mind*, *The Complete Book of Essential Oils and Aromatherapy*, and *The Fragrant Heavens* (Also *Essential Aromatherapy*, with Susan Worwood.) These books are fascinating and encyclopedic, going into more depth about aromatherapy than I've ever seen anywhere. They are very readable and entertaining as well. I am making some combinations using this book as a reference and

noticing great effects already...plus, my home smells wonderful. (I've just started combining geranium, grapefruit, orange, pine, patchouli and cedarwood. It's a divine combo!)

I have just one issue, which I hate to bring up, since I'm an ardent fan of both aromatherapy and Valerie Worwood's books.... CATS (and some other animals as well) are particularly sensitive to essential oils, and I'd recommend you research this on your own and use aromatherapy with caution around cats. Cats are lacking some of the enzymes needed to metabolize the terpenes and phenols in essential oils and some have even been poisoned, while others seem not to be bothered. Oils like pine, cinnamon, citrus oils and others can be toxic to our feline friends.

I was not happy to learn this but I love my cats, so it's better to know. I still use the essential oils, but I just make sure to ventilate the area, keep some parts of my home scent-free (dang) and watch the cats closely. I also don't run the diffuser nonstop as I did before, and I'm using other methods of application (being careful not to pet the cats after touching the oils.) The fact that cats sleep a lot doesn't exactly make it easy to tell what's going on with them...

I did not see this mentioned in the books, although it may be somewhere. It hasn't been widely known, and it's only logical that one would want to scent areas near the litterbox, etc. I have probably been guilty of sickening my own cats with well-intended immune oil applications in the past.

Just thought you cat lovers would want to know this. I don't have other pets like dogs but I think there is some sensitivity there too. Just research it; there's a lot of info online.

Valerie's book gets 5 stars anyway. It's a fantastic reference, and I think the oils can probably be used safely around cats if you're careful and aware of potential issues.

5 of 5 people found the following review helpful.

My favorite Aromatherapy book

By M. Ebinger

This may be the one Aromatherapy/Essential Oil book that is my favorite. The emotional needs of an Essential Oil (EO) user are very important as that is where the smell triggers us. Thus this book not only lists but explains the factors that go into the reasons behind why EOs work. VERY informative, very easy to understand w/o being talked down to, not too scientific either, nor too "airy fairy." Just right in my opinion. Recommend!

3 of 3 people found the following review helpful.

Worth the read

By Katherine Trudeau

For the most part, this is wonderful resource, packed with information. Sometimes, it seems as if the author is including too much detail on things that are not actually mainstream to her point, but ancillary supporting details. When that happens, I occasionally get confused about what this has to do with Aromatherapy. However, the point eventually circles back to the topic.

On the positive side, as much of this book is, the author is very thorough and quite clear about the application of essential oils to mental and emotional well-being, and there is no other book that covers the topic in such depth. Also, more complex concepts are explored from different perspectives, in order to deepen the reader's understanding.

I would recommend this as a resource for any Aromatherapist professional.

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