



Advanced Aromatherapy: The Science of Essential Oil Therapy

Kurt Schnaubelt

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Advanced Aromatherapy: The Science of Essential Oil Therapy Kurt Schnaubelt

A chemist and aromatherapy practitioner provides scientific proof for the effectiveness of using essential oils.

Aromatherapy is the fastest-growing segment of the body care industry, an effective and deeply pleasurable way to maintain well-being. Now, Kurt Schnaubelt, a chemist and longtime aromatherapy practitioner, provides scientific proof for the efficacy of essential oils, explained clearly and logically.

Advanced Aromatherapy draws on the most recent research to demonstrate how essential oils work on the cells and microbes of the body. These chemical changes affect emotional states as well as physical ones.

Advanced Aromatherapy explains how to treat symptoms ranging from hay fever to stress disorders with predictable results.

An essential textbook for aromatherapy practitioners.

Advanced Aromatherapy: The Science of Essential Oil Therapy Details

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From Reader Review Advanced Aromatherapy: The Science of Essential Oil Therapy for online ebook

Cindi says

Even though I like biochemistry, it's been a while and this book was a little too technical in some chapters. This author agrees with taking essential oils internally. I don't think I plan to use oils that way, but he gives a lot of good information not found in other books. The author approaches essential oils from a more scientific standpoint than a touchy-feely happiness standpoint. The scientist in me appreciates that balance (though I don't mind the other approach). I'd like to own this one.

Heather says

Interesting...I do wish that I had just checked this book out at the library instead of buying it. It did have some interesting parts about the science behind essential oils.

Donna says

This is a reference manual for people interesting in using essential oils.

It is well written. He begins by showing the chemical composition of the main components of essential oils and then which oils have these components predominantly and finally what effects result from each of these components/oils.

As a result, he has developed a table much like a graph with quadrants in which you can place almost any oil and determine its effects. So it simplifies the study of the use of these oils.

After you get through this chemistry (which is fairly complicated), then there is an alphabetized section of the most commonly used essential oils, their uses and methods of application, and contraindications.

This prepares you for the last section which is what I really wanted, a list of conditions with recommended oils and treatment protocols.

I have several manuals describing the use of essential oils but they seemed confusing and remained unused on my shelves. But now that I have this basic understanding, I feel more confident about using these oils.

This is a book that I think has been badly needed and sadly missing from the alternative health field for personal, non-professional use.

Debbie says

In my opinion, anyone who wants to mix their own essential oils (rather than buy pre-mixed oils or follow

proven recipes) needs to read "Advanced Aromatherapy" in order to safely do so. The book explains the science behind why the essential oils work the way they do and provides the results of scientific studies that show which oils are most effective at doing certain actions.

This book helps the reader to understand: why various essential oils act on the human body the way they do. Why some essential oils, when combined, are more powerful than when used alone and how to select oils to create this effect. Why different chemotypes of the same essential oil can have different effects. Which oils are safe to use daily and long term and which should be limited in amount used, duration used, or how they are administered. Which oils are safe to take orally or to use on sensitive skin like mucus membranes. Which medical conditions essential oils are very successful at treating and which conditions are less so or which require long-term use to create improvement. And much more.

The book also contains a section covering various medical conditions (from the 'flu to bruises and scrapes) and gives recipes for which oils to use to treat these conditions and how to most effectively administer the oils.

I found the book easy to read and understand, and I refer back to it frequently. Readers with little science education might be a little overwhelmed at times, though. Overall, I'd highly recommend this book to those interested in aromatherapy, especially those interested in the medical uses of essential oils.

Lea says

This book is definitely for the advanced reader. I got a bit lost in the chemistry and structure-effect diagrams. There's a lot of great information here, some recipes included.

Esther says

A truly excellent and practical introduction to understanding and applying essential oils. I am quite sure this will become a well used reference book for me. Schnaubelt carefully introduces the reader to beginning to understand the complexities of essential oils and shows how learning their inherent intricacies gives us the ability to use and apply their properties more effectively; while simplifying them is a way to reduce the effectiveness and vivacity of the oils. He beautifully illustrates that "the healing powers of essential oils can be put to best use when the body of knowledge of the pharmacology of oils is combined with a modern, holistic sensitivity."

Cayenne says

Quite the useful reference--one I'm sure I'll use often. Very readable and informative. I'm not sure I believe all the theories, but the practical well-researched information is awesome.

Irene says

A great introduction to the chemistry behind essential oils and their properties. I wish it had included more

information about how to use them, alone and in combination with other oils, but there are many other books that provide recipes and this is the only one that gives such detailed explanations of the active ingredients, so that is a minor complaint. Plants have developed an extraordinary number of chemical compounds to protect themselves in their evolutionary history, and these compounds are concentrated in essential oils.

Naomi Ball says

I highly recommend this book for any serious student of aromatherapy. Kurt Schnaubelt has a very scientific approach to aromatherapy.
