



500 Formulas For Aromatherapy: Mixing Essential Oils for Every Use

By Carol Schiller, David Schiller

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Exact formulas for making hundreds of blends for skin and hair care, relief of stress and pre-menstrual syndrome, baby oils and powders, cellulite reduction, massage oils, and more. "It's interesting to just page through the alphabetical section and learn the purported advantages of oils, from allspice (*Pimenta officinalis*) to ylang-ylang (*Cananga odorata*)."--*Booklist*.

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Editorial Review

From [Booklist](#)

Scented oils have been around for centuries, and the Schillers are strong believers in the benefits of using pure essential oils--diluted in a carrier oil, such as sesame--to relieve stress and a myriad of other disorders (communication enhancement and cellulite reduction among them). As Aroma lamps, which disperse the vapors, become readily available in shops, more people may choose to experiment with aromatherapy in their homes. Other uses for these formulas include adding oils to bathwater, for massage, in body powders made with cornstarch, or in candles. It's interesting to just page through the alphabetical section and learn the purported advantages of oils from allspice (*Pimenta officinalis*) to ylang-ylang (*Cananga odorata*). *Alice Joyce*

About the Author

Carol Schiller and David Schiller have been working with formulating aromatherapy blends since 1986. Their aromatherapy articles have appeared in *Mothering*, *Massage*, *Health World*, *Herb Quarterly*, and *Your Health*. They also instruct classes for colleges and hold training courses for companies.

Users Review

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