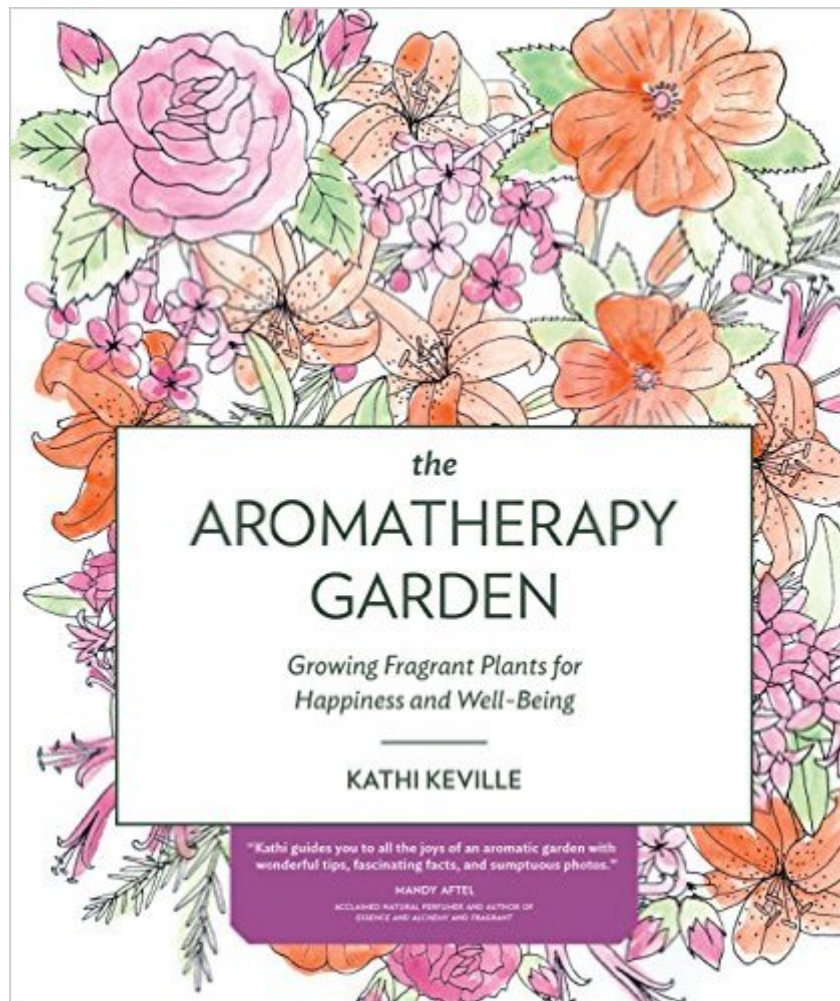


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# The Aromatherapy Garden: Growing Fragrant Plants For Happiness And Well-Being



## Synopsis

Kathi guides you to all the joys of an aromatic garden with wonderful tips, fascinating facts, and sumptuous photos. • Mandy Aftel, acclaimed natural perfumer and author of *Essence and Alchemy* and *Fragrant* The Aromatherapy Garden explains how fragrant plants can be as therapeutic as they are intoxicating, and how easy it is to add this captivating element to gardens large and small. It reveals the scents, secrets, and science behind fragrant plants, and how to optimize the full benefits of fragrance. Hone your powers of concentration with lemon verbena. Beat the blues with wintersweet. And use rose geranium to relieve anxiety and stress. Revealed here are the scents, secrets, and science behind plant aromatherapy, and how to optimize its full benefits. Detailed plant profiles will help you create a beautiful source of restorative aromas, oils, sachets, teas, and more. The nose knows and with Keville's expertise, now you too can create your own sanctuary of health and happiness

## Book Information

Paperback: 276 pages

Publisher: Timber Press; 1st edition (April 27, 2016)

Language: English

ISBN-10: 1604695498

ISBN-13: 978-1604695496

Product Dimensions: 7.5 x 0.7 x 9 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars See all reviews (4 customer reviews)

Best Sellers Rank: #272,742 in Books (See Top 100 in Books) #172 in Books > Crafts, Hobbies & Home > Gardening & Landscape Design > Herbs #196 in Books > Crafts, Hobbies & Home > Gardening & Landscape Design > Landscape #253 in Books > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy

## Customer Reviews

I was recently given this book as a birthday present and I am really impressed. It is full of gorgeous color photographs of the authors garden and hundreds of other aromatic plants. This book is filled with a wealth of historic, scientific and folkloric information that any aspiring herbalist or plant enthusiast would find fascinating. Tons of tips on cultivating individual plants, harvesting, preserving and creating herbal products. Recipes, plant profiles, garden design ideas. The best birthday present and soon to be my gardening handbook.

This is a really well done book. It is full of instruction, inspiration and passion. It is also fun to read and at some point while reading you will most likely feel an overwhelming urge to head to a nursery! Really a great buy and cheap at the price for what it contains.

Author is knowledgeable and easy to understand. Great Book!

great service

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