



The Healing Art of Essential Oils: A Guide to 50 Oils for Remedy, Ritual, and Everyday Use

Kac Young Young

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“Highly recommended to anyone that has an interest in aromatherapy and the energetic and vibrational aspects of essential oils.”?Kelly Holland Azzaro, Past President of the National Association for Holistic Aromatherapy

“An excellent resource . . . Kac’s work is thorough, easy to understand, and gives you the depth to want to delve into using oils on a regular basis.”?Ann Boroch, CNC, award-winning author of The Candida Cure

Includes more than 100 recipes for everyday use

Explore a new world of aromatic awakening, physical healing, and natural delight. *The Healing Art of Essential Oils* is a comprehensive guide to fifty carefully selected oils, providing a master class in uses, blending, history, and spiritual benefits.

Learn how to use oils for physical and emotional healing. Prepare oils for relaxation, stress relief, and treating ailments. You’ll find all kinds of uses, such as what oils work best in love spells and how to create rituals with oils. Enjoyed for their spiritual and beneficial properties by cultures around the world for thousands of years, the essential oils presented here will help you achieve holistic wellness and personal enrichment.

“In this well-researched book, Kac Young leads the reader through the history of essential oils and their use in daily life, beautifully bringing together ancient wisdom with modern thought.”?Kavitha Chinnaiyan, MD, director of Advanced Cardiac Imaging Education at Beaumont Hospital

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