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explains why some oils are more expensive than others, how the oils are extracted from the plants, and how the body gets rid of them.

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Two books came as the best: The Complete Book of Essential Oils and Aromatherapy by Valerie Worwood and this book. I much prefer this book over the Worwood's because it is better laid out and more easily approachable. The authors present 90 EO's. Some other oils are missing because they are rare, prohibitively expensive (or maybe unsafe). So is ...

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Most basic needs can be covered with just ten essential oils. The Complete Book of Essential Oils & Aromatherapy includes complete charts of all essential oils and their uses, a resource guide, and directions for massage. Valerie Ann Worwood is an aromatherapist, a reflexologist, a member of the London and counties society of Physiologists, and as Chairman of Research is an active member of the International Federation of Aromatherapists.

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