

The Aromatic Thymes  
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Kim Morgan

### **Aromatherapy: A Lifetime Guide to Healing with Essential Oils**

Valerie Gennari Cooksley

This book is most refreshingly organized. Valerie Gennari Cooksley has put together a book that anyone, from beginner to professional, can use as a reference for the many uses of aromatherapy. Now that aromatherapy is beginning to experience such a Revival among people worldwide, it is fortunate that there are so many wonderfully written books to help each of us on our trek through alternative therapies. I wholeheartedly agree with the author that aromatherapy is truly a complimentary therapy. My motto is aromatherapy for health in conjunction with good lifestyle habits.

I really enjoyed how she divided the book into four parts. Part One is the introduction. The way Ms. Cooksley begins our journey in discovering or rediscovering the art of scent is through all the basics of what essential oils are, where they come from, how to tell if your oil is real, storing them, olfaction, skin application and rules of common-sense safety. Part Two gives successful recipes for ailments broken down into the proper categories, such as the specific body systems, with treatments for children, skin and hair, psychoaromatherapy and specific women-only treatment. Part Three goes into method applications, while Part Four details 30 essential oils giving ideas on how to blend, with a user-friendly blending chart.

This book is sure to bring much delight, and will be a close and ready reference tool. I joyfully encourage you to add this beautifully written book to your library! I love books like this one that are filled with many recipes for all sorts of ailments and complaints. There is an excellent list of associations and Journal resources in the back.