

Book Reviews:

Aromatherapy – Soothing Remedies to Restore, Rejuvenate and Heal, Prentice Hall Press, NY

“This is the BEST Aromatherapy book I have ever read!!! This is a must read for everyone interested in Aromatherapy.” Susanne Johnson

“A reference book that should be in every home.” Jacqueline Stanton

“This was the first book I purchased on aromatherapy, and I must say that it is the best book I have read!!! Not only does she include recipes, she also includes the essential oil reference guide, which is my favorite part, because she gives you a breakdown of not only the origin name, but what the physical and the psycho-emotional benefits are to the essential oils. She also gives you a headstart on how to make your own formulas, by including a blending chart. Please pick up this book, if not any other book.” N.H. New York, NY

“Short and sweet....this book is a must for everyone and anyone interested in the field of aromatherapy. I carry this book around like a Bible and run for it everytime someone has a pain, problem or situation that screams for natural care. Some experts say this is an advanced book, but I think they are wrong. This was the first book I purchased on aromatherapy and I have never been confused or lost by any of the information. This author did a wonderful job making recipes and mixing information easy to follow. Get this book whether you're a professional wanting additional info or a mom wanting to help her kids in a safe and natural way. Great book...period!” Diane Mathis, North Collins, NY

“...this book has been abused, beaten and much loved. As someone who loves working with oils, essences, herbs and the like, I have to say this book is among my top two! Whenever a healing blend is needed, I find myself reaching for this book first. The easy language makes it accessible even to my partner, who barely dabbles in these things. The herbal tea blends included are phenomenal. The blends translate well to massage oils, room scenting oils, soaps and candles, you name it!” F.D. Cincinnati, OH

“I am a certified massage therapist interested in integrating aromatherapy into my practice. I found this text to be straight-forward with a good grounding in history, cautions about essential oils, references (very important!) and listings of additional sources to pursue. I always have trouble finding factual, practical information on such "soft arts" as massage and aromatherapy which do not include "new age" aspects that a practitioner of health arts usually is not interested in, at least to obtain a starting basic knowledge. I would recommend Cooksley's aromatherapy to anyone interested in the basics of aromatherapy and its many applications. Cooksley's explanations are clear, her recipes are good, she has a variety of ways to use essential oils. Most of all, her

background in nursing and health arts is reassuring to me that her information comes from a grounding in SAFE essential oil use.”

“This book is a good introduction to aromatherapy. From how it can work to soothe your body to helping a body heal, this book gives the information needed to discover if aromatherapy is right for you.

I just recently decided to try aromatherapy. This book gave me quite an education into aromatherapy and what it can do. Very informative and easy to understand, I was able to follow this book to start an aromatherapy regimen that felt right for me.

This book is a bit serious when it comes to the details. It gives personal experiences and reasons as to why the author is so passionate about it. Because of this I felt more comfortable trying it.

I enjoyed the guide on the oils. Not only does it tell you about different oils but gives you information on what oils helps with what problems. It even includes some ideas on making your own types of oils. It also explains about herbs and how they can be incorporated into your aromatherapy routine. There are also safety instructions included, which are extremely important, especially for those just starting out with aromatherapy.

Being short and to the point this book goes straight to the heart of aromatherapy. It's easy to read, find information in and keeps it simple. All I can say is if you are thinking about getting into aromatherapy you need to buy this book.” R.P. Le Blanc, Maarheeze, The Netherlands

“The greatest roadblock in choosing alternative health approaches is the unknown. Not knowing the background and training of the author, healer or teacher you are considering can be extremely stressful. Choosing the wrong one can be disastorous. Valerie's background and training in western medicine gives her a credibility few others posses.

Valerie's sage advice on a balanced approach to healthcare, i.e.: a team consisting of both western and alternative practitioners, makes sense. Kind of a "don't throw the baby out with the bathwater" approach.

Simple and believable claims make this book easy to read and follow. I recommend it to all who are considering alternative approaches to western medicine.”