

Book Reviews:

Healing Home Spa – Soothe Your Symptoms, Ease Your Pain, and Age-Proof Your Body with Pleasure Remedies, Prentice Hall Press, NY

“Don't let the name fool you. There is more to this book than "spa" recipes. It is full of common sense home remedies for more than 100 ailments including everything from varicose veins to allergies.” H.S.

“I am all about taking care of our health in a holist way. The great thing about this book is that, for me, it does two things at once. It gives natural remedies for health conditions that feel self-nurturing. I so appreciate that. Recently I had bronchitis and while I applied the natural remedies I felt pampered at the same time. Can't beat that ... especially when you're sick!!” S.N., Pittsburg, PA

“This comprehensive "health & wellness" book not only covers aromatherapy (my main interest), but also covers breath work, diet/lifestyle tips, herbal remedies & teas, sound & music therapy, and yoga. It provides a variety of remedies for an exhaustive list of ailments, such as: Allergies, Chicken Pox, Colds, Depression, Headaches, Hyperactivity, Insomnia, Muscle Cramps, Nausea, Dry/Oily/Sensitive Skin, Stress & Anxiety -- to name a few.

A wide variety of aromatherapy, herb, and food recipes are included, such as: Asthma Oil Blend; Bachache Massage Oil; Cool, Calm, & Collected Tea; Peaceful Sleep Spray; Farm Fresh Facial Scrub; Lavender-Rose Silken Lotion; Sore Throat Gargle; Stay-Healthy Spice Seasoning; Tasty Teething Biscuits; and Old-Fashioned Garlic and Onion Soup. Pure essential oils are a must for the aromatherapy recipes, but most other recipes include easily-obtained ingredients, which can be found at a grocery or health food store.

Packed with useful information, some case studies, and factual data, it's also written in an easy-to-read, conversational style. My only complaint is that the Essential Oil References section in the Appendix could have been lengthier & more helpful. For instance, the author lists only one company as a supplier of pure essential oils. And only lists HER OWN company as a source for additional Aromatherapy and Holistic Education information. Also, one future recommendation for the book would be to have an additional index of recipes by title (e.g., currently, you have to remember that the Garlic Soup recipe is in the "Bronchitis" section or look up "soup" in the index).

Overall, I highly recommend this book to anyone looking for ways to cope with everyday stress or specific health/emotional problems, or just to improve their quality of life!”