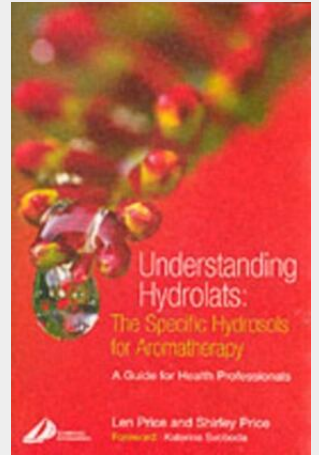


Price

Understanding Hydrolats: The Specific Hydrosols for Aromatherapy

A Guide for Health Professionals

Distilled waters, or hydrosols, are therapeutic in many ways, and yet little has been written to make clear their properties and clinical applications. This book details the nature, properties (where known) and nomenclature of hydrosols, and gathers in one source the sure and sensible facts about distilled waters. Already used by aromatherapists interested in extending their therapeutic range, this book will provide all therapists with the confidence to practice safely with a sure understanding of the value of hydrosols. - Dispels confusion over what hydrolats and distilled waters actually are - equipping the therapist to make accurate choices in what to use for effective therapeutic interventions. - Analyzes the science of hydrolats and sorts fact from wild claim. - Extends the range of therapeutic interventions available to the practicing aromatherapist/massage therapist.



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