

# Aromatherapy Practitioner Reference Manual

Aromatherapy entails the mindful and careful use of essential oils for physical, emotional and spiritual well-being. The above definition of aromatherapy is the one that I like to use the most in conversation ... Aromatherapy is... the skilled and controlled use of essential oils for physical and emotional health and well being. Aromatherapy is a caring, hands-on therapy which seeks to induce relaxation, to increase ... Although there is insufficient medical evidence that aromatherapy can prevent, treat or cure any disease, [1][2][4] aromatherapy is used by some people with diseases, such as cancer, to provide general well ... Sep 21, 2023 · Aromatherapy is a form of complementary and alternative medicine (CAM). It uses essential oils to manage symptoms or boost your well-being. It's a holistic therapy,

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**Aromatherapy: Uses, benefits, oils, and risks**  
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*What is Aromatherapy? | AromaWeb*

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*Exploring Aromatherapy | NAHA*

**Aromatherapy: Do Essential Oils Really Work? | Johns Hopkins ...**

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