



# The Spirit in Aromatherapy: Working with Intuition

*Gill Farrer-Halls*

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## **The Spirit in Aromatherapy: Working with Intuition** Gill Farrer-Halls

The importance of intuition in aromatherapy blending, essential and base oil selection and bodywork is the focus of Gill Farrer-Halls' authoritative new book. Drawing on her extensive experience as a practicing aromatherapist and aromatherapy teacher, she explores ways of increasing intuitive awareness of the nature and depth of individual essential oils, and takes the reader through meditative techniques that can help practitioners deepen their practice. She goes on to show how an intuitive and meditative approach can, with time, transform clinical practice, and help practitioners create original, effective, synergistic and holistic blends as well as develop and enhance on-going work with clients.

An important resource on the use of intuitive inner wisdom in aromatherapy practice, this book will be of interest and practical use to aromatherapists, bodywork practitioners, students of aromatherapy and all who are interested in essential oils.

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