



Himmlische Düfte: Das grosse Buch der Aromatherapie (German Edition)

Susanne Fischer-Rizzi

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Dieses Buch - ein Klassiker der Aromatherapie - lädt Sie ein zu einer Reise ins Reich der Pflanzendüfte. Die beschriebenen ätherischen Öle wirken ganzheitlich auf Körper und Seele zugleich und wecken die Selbstheilungskräfte. Das Buch zeigt die verschiedenen Anwendungsmethoden und beschreibt ausführlich die wichtigsten ätherischen Öle mit Angaben zu Botanik, Inhaltsstoffen und Wirkungsweise. Es enthält viele erprobte Rezepturen für Wellness, Pflege und Therapie. Die Autorin, Begründerin der Aromatherapie im deutschsprachigen Raum, schöpft dabei aus ihrem reichhaltigen Erfahrungsschatz und vermittelt ihr Wissen leicht verständlich für Laien wie auch für die Anwendung im Pflege- und Heilbereich.

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