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# Ayurveda: Ayurvedic Essential Oils & Aromatherapy For Amazing Relaxation, Beautiful Skin & Tremendous Healing! (Ayurveda, Essential Oils, Natural Remedies, DIY Book 1)





## **Synopsis**

Create Your Personalized Ayurvedic Aromatherapy SPA at Home! Discover the Power of Healing and Balancing. Rejuvenate your Body, Mind, and Soul! \*\*\*START CREATING A STRESS-FREE AND BALANCED LIFESTYLE WITH AYURVEDIC AROMATHERAPY AND ESSENTIAL OILS\*\*\*\*Your Ayurvedic Aromatherapy Home Spa is waiting for you! "Ayurvedic Spa and Essential Oils for Beginners" Will Teach You: • What is Ayurveda? • What is Aromatherapy? The history and origins of Aromatherapy. • What is the story about the 3 doshas all about? How do I figure out my own dosha? • What is the difference between essential oils and vegetable oils? • Oils for vata, pitta and kapha. Different strokes for different folks! • Aromatherapy self-massage (according to your dosha) • How to mix essential oils and carrier oils • Additional Holistic Spa treatments for your soul (Ayurvedic herbs and crystals that balance your dosha) • Indian Head Massage and natural hair treatments (stimulate hair growth, prevent hair loss, fight dandruff and have beautiful hair with no chemical beauty products) • Aromatherapy: other forms of application (bath, direct inhalation, diffusers) • Why some of the Western medicine methods suck in the long run • Practical everyday life examples that illustrate the power of ayurvedic holistic self-care) There is no need to spend hundreds of dollars at expensive spas! You can now learn to create your own spa treatments and rejuvenate your body, mind and spirit whenever you need.!Forget about stress, worry and anxiety. Create peace, harmony and balance. Let Ayurvedic Aromatherapy guide you. Discover your holistic rituals and start feeling and looking amazing. Restore balance where there is imbalance...tags on product: aromatherapy, essential oils, ayurveda, essential oils for beginners, essential oils for weight loss, healthy living, wellness, spa, meditation

## **Book Information**

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## **Customer Reviews**

I thought this book did an absolutely fantastic job of explaining everything a beginning student would need to know about aromatherapy from its origins in India as a healing art to everyday uses for dealing with basic problems such as sore muscles and mosquito bites I found it absolutely fascinating that something as simple as the sprigs of thyme, that I keep in a pot on my windowsill, could be used to aid in dealing with minor digestive issues. The information contained in this wonderful little book has caused me to be in my garden and all the herbs that I grow in a completely different light. It also gave me a deeper understanding of the human body, and it definitely has caused me to look at Western medicine differently being as Western medicine. Only treats the symptoms that have already manifested themselves and doesn't really concern itself with preventive medicine, whereas the aromatherapy and holistic medicines such as essential oils discussed in this book are designed to prevent the illness from ever occurring in the first place. As a person made deals with chronic back pain and other minor health issues consistently. This book has opened my eyes to all the possibilities that nature's medicine cabinet contains and it has inspired me to study holistic medicine of aromatherapy and use of essential oils even further. I only wish that I had known more about aromatherapy and essential oils when I was younger, perhaps then I would not be giving with so many different health issues at this stage in my life. For someone interested in holistic medicine like me this book is a great place to start it covers everything that a complete beginner to holistic medicine should know and although it may not go into as much detail as some other diets. It has a well-rounded perspective and is written in clear and easy to understand language, and for the price point. It really can't be beat. I am a very satisfied customer.

I am completely new to Ayurveda. So - this new book by James Adler really showed me what it's all about. I am already benefiting by putting what I have learned in to immediate practice. The benefits of Ayurveda - connecting body, mind, and spirit - are really working for me - especially for stress

reduction. I highly recommend this book - it's working for me in my life.

This book details three different basic personality/physiological types and gives recommendations for essential oils to make each type function at its best. The authors are a husband and wife team who share their own personal experiences and anecdotes throughout the book. These personal touches enrich the straightforward text, and make the book read a bit more like a narrative. The information presented is factual and informative. The authors share from their experiences learning from teachers in India, and they give detailed explanations of the uses of various oils and how to make the oils for your personal use at home. After reading this book, I am equipped to make and administer my own aromatherapy treatments at home.

This is a very useful book for getting an overview of what Ayurveda is and how aromatherapy accents this lifestyle. The authors take you from a basic understanding of the origins to using it as medicine for self-care. There are different methods (modes) of application as well as which oils are best and for which ailments. I enjoyed the bonus chapter entitled "Dosha Test" which helps you determine if you are of a pitta, vata or kapha type. Overall this book was a good general introduction.

I know very little about ayurveda. I find the different body / personality archetypes to be very interesting. I keep an open mind about holistic medicine ,as whether something works or not... sometimes just the act of believing in it causes real change (ie: the placebo effect). I have yet to try the aromatherapy suggestions outlined, but it's on my eventual to-do list. Well written and worth checking out.

I've learned a lot from this book. I'd highly recommend

The most informative book on doshas and Ayurveda that I have read in a while....Ayurveda medicine is an absolute necessity for great healthGet this book today ...so fabulous

Good book

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