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Essential Oils to Smell and Experience

70 Essential Oils, 40 Blends for Diffusing, Smelling, or Vaporizing

Author: Anne-Laure Jaffrelo

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Learn how to use essential oils to heal your body and mind.

Of our senses, smell is the only one directly linked to the brain: it instantly activates the area responsible for emotions and memory. Smells can reactivate memories and feelings as well as impact well-being and behavior. Stimulating olfactory tracts with essential oils generates a series of effects that affect physiology, behavior, feelings, and mood. This book discusses our primary physical and emotional needs, detailing the blends of essential oils best suited to meeting them.

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