

# Download Aromatherapy References Pdf

Aromatherapy What is aromatherapy? Aromatherapy is the controlled and skilled use of essential oils extracted from various plants, roots, bark, branches, flowers, and leaves. During the late 1800s the best Orris oil was cultivated in the Italian provinces of Florence, Arezzo, Grosseto, and Perugia. The plants grow on hills and mountain slopes in areas with plenty of sunshine and do best in dry stony soil. Deepen Your Knowledge. Whether you're brand new to Essential Oils or have been using them for years, the ACP (Aromatherapy Certification Program) is a fun and flexible way to deepen your knowledge of the art + science of Aromatherapy. Aromatherapy & Pregnancy: Exploring the controversy to uncover the healing potential of essential oils. Written by: Jolene Meum, MBA. Research paper for The School for Aromatic Studies