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memory, anxiety, and low self-esteem. Easy-to-reference charts and full-color illustrations teach simple aromatherapeutic massage and acupressure techniques that restore balance to the body and psyche.

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Aromatherapy for Healing the Spirit: A  
Guide to Restoring Emotional and Mental  
Balance Through Essential Oils

Paperback - June 1, 1996. by. Gabriel  
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Aromatherapy for Healing the Spirit presents the first truly comprehensive approach to understanding and applying the psychological benefits of essential oils. The therapeutic and spiritual insights of Oriental medicine help to reveal how aromatherapy works to harmonise the body, mind and Spirit.

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Forty common essential oils are surveyed from a wide range of perspectives.

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level of aromatherapy knowledge, this text is a wonderful addition to any aromatherapy library. In this work, Mojay discusses the use of aromatics for emotional and spiritual well being.

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Aromatherapy for the Soul: Healing the

# Get Free Aromatherapy For Healing The Spirit Restoring Emotional And Mental Balance Spirit with Fragrance and Essential Oils.

Fragrances, with their intriguing ability to evoke emotions, memories, and visions, have played an important role in the world's spiritual traditions since the dawn of time.

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Excerpt from the Back Cover of  
Aromatherapy for the Soul "Fragrances  
possess a unique ability to evoke  
emotions, memories, and visions. Since  
the dawn of time spiritual traditions as  
diverse as Judaism, Christianity, Islam,  
Shinto, and Buddhism have used  
fragrances to enhance the experience of  
the Divine.

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Aromatherapy is a holistic healing treatment that uses natural plant extracts to promote health and well-being. Sometimes it's called essential oil therapy. Aromatherapy uses aromatic essential...

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## **What Is Aromatherapy and How Does It Help Me?**

An authoritative and unique approach to a popular subject, Aromatherapy for Healing the Spirit concentrates on the profound psychological benefits of essential oils.

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Today the practice of aromatherapy incorporates the use of essential oils, hydrosols, and carrier oils for holistic healing. Aromatic oils and water are used for their therapeutic properties to

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heal the mind, body and spirit, returning the body to a state of equilibrium.

Aromatherapy is part of a larger field called phytotherapy (plant therapy).

## **NAHA | Exploring Aromatherapy**

Typically, there are three main ways to use aromatherapy to lift the spirit, get energized, and elevate your mood:

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baths, aromatherapy massage, and vapor inhalation. If you choose to go with the first option, simply add a few drops of your preferred oil to the bath and stir before getting in.

## **How to Use Aromatherapy to Lift the Spirit and Get Energized**

Aromatherapy for Healing the Spirit by

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Gabriel Mojay (no ratings yet) One of my favorites! In 1996, when this was first published, I wrote the following review: " I love this introduction to emotional/mental/spiritual healing via aromatherapy Mojay has presented a lovely, gentle guide to healing the psyche thru the use of Essential Oils.

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**Aromatherapy for Healing the Spirit**  
**by Gabriel Mojay**

Pure Organic Essential Oils, Chakra Oils  
& Pet Balancing Chakra Oil , Magickal  
Oils (yes, spelled with a "k"), Fragrance  
Oils, Astrological Oils, Sun & Moon Oil,  
Elemental Oils, Organic Natural Bronzing  
Suntan Oil, Organic Insect Spray, Sage  
Spray, Lavender Spray, Rose Spray,



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Lemongrass Spray, Natural & Organic  
Lip Balm, Incense, Smudging tools.  
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## **Spirit of Gaia Aromatherapy Works**

For those of you who are new to this  
field, aromatherapy or essential oil  
therapy is a holistic healing treatment

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that uses natural plant extracts  
medicinally to improve the health of the  
body, mind, and spirit.

## **7 Essential Oils to Enhance your Reiki Healing Session ...**

Gabriel is co-author of Shiatsu ~ the  
complete guide(HarperCollins), and  
author of Aromatherapy for Healing the

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Spirit(Healing Arts Press/Fragrance Journal). The latter book outlines a systematic approach to utilizing the psychological benefits of essential oils according to the body-mind relationships of Oriental Medicine.

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