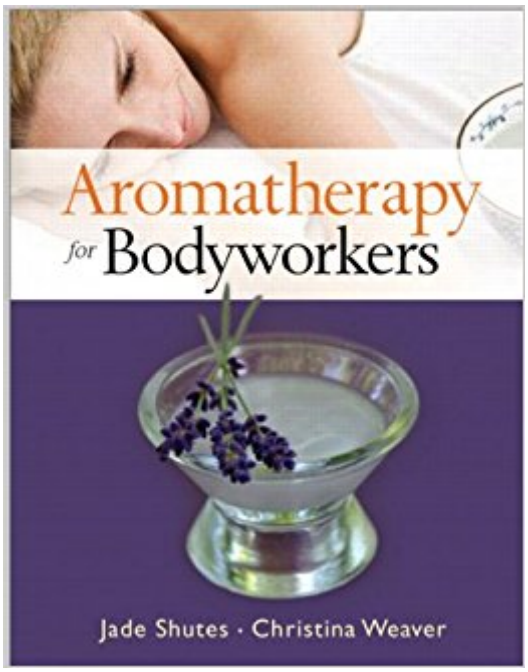
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Aromatherapy For Bodyworkers



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Synopsis

As aromatherapy gains in popularity among complementary medical modalities, more and more bodywork professionals now integrate essential oils into their practices.Ã Â Aromatherapy for Bodyworkers embraces the expansion of knowledge about the application and benefits of this emerging practice and presents a most complete and authoritative source of information for health care workers and spa professionals.

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Customer Reviews

As aromatherapy gains in popularity among complementary medical modalities, more and more bodywork professionals now integrate essential oils into their practices. "Aromatherapy for Bodyworkers" embraces the expansion of knowledge about the application and benefits of this emerging practice and presents a most complete and authoritative source of information for health care workers and spa professionals.

Jade Shutes holds a Diploma in Holistic Aromatherapy, Holistic Massage, Anatomy and Physiology, and Reflexology from the Raworth College of Natural Medicine in Dorking, U.K., and a Diploma in Aromatherapy from the International Therapist Examining board (ITEC). She has studied with Jan Kusmirek of Fragrant Studies and has completed Part One of the Purdue University Advanced Studies of Essential Oils.Ã Â Jade has been practicing and studying forms of natural healing for nearly two decades and was one of the vanguard of professionals who helped introduce

aromatherapy in the United States. She has been an aromatherapy educator for over seventeen years, opening her first aromatherapy school in the New England area in 1990. She has designed and taught aromatherapy courses for massage and bodywork therapists, estheticians, social workers, nurses, and other healthcare providers. Jade has taught at Bastyr University, Duke University (Continuing Education), Ashmead College, San Diego Hospice, and at various locations throughout the United States and Canada. In addition to being a popular speaker, Jade has played an active role in the setting of standards for aromatherapy education in North America and has authored published articles on this and other aromatherapy issues. She is recognized for her leadership roles in the campaign to raise educational standards in the United States and has co-initiated the creation of the National Steering Committee on Educational Standards, now the Aromatherapy Registration Council. She served as president of the National Association for Holistic Aromatherapy (NAHA) from 2000 to 2003. She currently resides in Raleigh, North Carolina with her family. Ã Â Christina Weaver, LMT is the founder of Complementary Health Services, LLC and Archeiai Healing Arts in Tucson, Arizona where she has established a holistic healing center and hospital based, in-patient massage program. She also teaches prenatal massage and aromatherapy classes.Ã Â Ã Â Christina moved to Tucson from the Seattle area in 2003 where prior to that she worked in various healing centers, spas and her own private practice both as a massage practitioner and aromatherapist. Christina is a graduate of the Brenneke School of Massage in Seattle, WA as well as the NW College for Herbal & Aromatic Studies. She holds a diploma in holistic aromatherapy and is a DONA certified birth doula, having completed training at Seattle Midwifery School. Christina has an advanced certification in prenatal massage and has also completed additional training in other areas of womenÃ¢â ¬â„¢s health including lymphatic based breast massage. Ã Â Most recently she has been studying CranioSacral therapy and looks forward to working with more pediatric clients in the future. Christina has always focused on therapeutic massage and bodywork for women as well as their families and is quite effective in the treatment of pain, recovery of injury and general wellness, but also includes the use of essential oils and all natural, holistic spa treatments amongst her skills and specialties.

I attended an aromatherapy class and the instructor suggested that I buy this book because I am a massage therapist and I wanted to incorporate aromatherapy into my practice.I am so glad I got it! And it will be useful for so much more than blending massage oils!This book covers a wide array of topics and includes things like case stories, recipes, how-to’s, lots of charts and tables, and even a set of flash cards to help you learn your essential oils!This book includes:-Information on Essential

Oils in general; What they are, how they are made and how they work.-The Chemistry of Essential Oils and what properties do what in or on your body.-Blending of Essential Oils; Client intake, choosing oils, blending, and proper diluting.-Aromatherapy for the Skin; The How and the What.-Olfaction; The How and the What of aromatherapy scents.-Application and Integration; Applications on the skin, during massage sessions, etc. Includes recipes for massage oils, lotions, creams, gels, salves, and what oils to use for common injuries/ailments that bodyworkers would come across.-Hydrotherapy and Salt applications with Aromatherapy-Massage and Aromatherapy; A whole chapter on how to incorporate the two including more common injuries/ailments that bodyworkers would come across.-Aromatherapy as a Business-Essential Oil Data Sheets; Everything you need to know about dozens of essential oils.It is a wonderful resource for aromatherapists, massage therapists, chiropractors, herbalists, naturopathic doctors, and anyone who wants a more natural approach to healing.

This is an excellent book that is informed with an outlook that can only come from a working professional. This isn't a book solely based on cold theory.It even appears to include some sound scientific principles - down to touching on the question of how the size of the dropper bore will affect what you measure out. They even cover some basic chemistry though I'm glad there was only one chapter on that. The information includes dilution charts, blending tips and a comprehensive section on carrier oils as well as the in-depth profiles of a number of essential oils. Appropriate safety precautions are included. Each chapter has a worksheet at the end to allow you to test your own understanding of the preceding information.As the first review indicated: as well as for bodyworker therapists, this would be a good book for those who are simply interested in essential oils.

I just finished the course from East-West Foundations of Aromatherapy, and this book went hand in hand with it. Excellent information, great layout- can't say enough about this wonderful resource. Jade is a great teacher- I loved the practical information in this book.

Very good for creating efficacious aromatherapy blends. Information about each herb has been very helpful. Teaches the mathematical formula for the different notes for each oil which helped me to feel I was a chemist.

I am a former aromatherapy student of Jade Shutes and I can't say enough about her knowledge of this field. I took my first course from her in 1998 and a refresher course 2010 - 2011.This book

incorporated everything from my Aroma 101 coursework as well as additional information. This is a very well written and informative book for anyone interested in the field of aromatherapy.

I was very impressed with the amount of information this book contained and it's not just for bodyworkers. It not only provides as much information as someone new to essential oils would want, but those with a greater need for information can spend more time in some of the sections. I thought the flashcards at the back of the book were a nice touch for those who really need to know which oils they are buying and working with.

Enjoyable and inforamative. A little behind times now since so many research of oils have come forth lately. But a great foundation!

Came in great condition! Very useful!

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