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Como cura la aromaterapia: El equilibrio de la armonía vital a través de tu olfato

By Fisbein, Rosa Maria

RBA Libros, 2003. soft. Book Condition: New. Encuadernación: Rústica Colección: Integral Aunque los métodos y recetas de la aromaterapia siguen las pautas ya empleadas hace milenios por la humanidad, recientes investigaciones y experiencias especializadas en laboratorios han podido estudiar la influencia positiva que los aromas ejercen sobre el sentido del olfato, desde el cual emanan y se extienden efectos beneficiosos hacia todo el resto del organismo, incluyendo las áreas psicológica y espiritual. Una de las ventajas añadidas de esta terapia es que, sin necesidad de ser expertos en ninguna materia concreta, cada uno puede preparar los aceites esenciales que utiliza la aromaterapia como agentes curativos y aprender sus aplicaciones. El objetivo de este libro es precisamente dar la mayor cantidad posible de información para que eso sea posible. El lector encontrará en estas páginas información teórica que abarca la historia de la aromaterapia, los métodos para preparar las sustancias sanadoras, si es que desea hacerlo personalmente, o los beneficios de aquellos aromas que se pueden adquirir ya preparados en forma de aceites, así como también las aplicaciones prácticas de casa una de ellas y las dolencias para las que resultan eficaces.



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