

IN THE LEAVES

Book Reviews by
Kathi Keville, AHA Editor

AROMATHERAPY: Therapeutic Use of Essential Oils for Esthetics and Spa Therapy. By Jimm Harrison. Milady (Delmar Publishing), 2008. 8 pp. of color photos, 10 b/w photos, 336 pp. Softcover \$43.95. This book is designed to give aromatherapists the knowledge to understand the chemistry and physiology behind the therapy. In fact, the chemistry chapter is thorough, yet simple, and one of the best I have seen in an aromatherapy book. The focus is on essential oil use in a spa or medical setting, covering how the oils work on mind and body, and especially skin. Helpful diagrams illustrate the concepts. I love charts, and there are plenty throughout this book including some on essential oils and skin care, emotions, and chemical families in the back. Harrison details the use of 33 essential oils, providing facts to help the readers filter through conflicting information to draw their own educated conclusions. He even addresses marketing and environmental concerns about plants like sandalwood (*Santalum*). A clinical aromatherapist, he founded the Phytotherapy Institute and the Spirit of Beauty Nutritional Skin Care. He has information on the website: www.essentialoilreserch.com

ESSENTIAL OILS DESK REFERENCE.

By D. Gary Young, ND. Essential Science Publishing, 2007. 558 pp. \$49.95.

This hefty, and somewhat pricey volume is published by Young Living Essential Oil company, making this is an informative, but not a do-it-yourself book. It recommends the company's aromatherapy product, as well as their line of herbal products. Ingredients are well described, but the proprietary formulas not provided. On one hand, there is interesting, study-supported information, but also unsubstantiated claims, such as tansy cleansing the liver or sandalwood "oxygenating" the pituitary. I am cautious about the liberal use of potent essential oils, such as blue tansy (*Tanacetum annuum*) and hyssop (*Hyssopus officinalis*). The use of six drops of oregano (*Origanum compactum*) or thyme (*Thymus vulgaris*) oil undiluted on the skin sounds excessive, although massage techniques that accompany this therapy are very good and nicely illustrated with photos. Conversely, I am surprised that the book warns against adding a few drops of any pure essential oil in the bathtub. It also recommends 5 drops of essential oil to treat a cat (equivalent to about 20 drops on a human). What I do like is how the book is organized according to physical problems and that it incorporates herbs and nutrition with aromatherapy. The 3rd edition (2004) is available in a less expensive, spiral bound, condensed version.



THE ILLUSTRATED PRACTICAL HANDBOOK of AROMATHERAPY: The Power of Essential Aromatic Oils to Relax Your Body and Mind and Relieve Common Ailments. By Carole McGilvery. Lorenz Books, 2007. 200 color photos, 96 pp Softcover \$10.99.

The easy-to-see methods of using aromatherapy give this book plenty of appeal. Step-by-step massage techniques, with a special section on shiatsu, and directions for applying aromatherapy massage oils are made clear through photos and text. Also explained are which essential oils relieve common ailments, like headaches and insomnia, uplifts emotions, relieves stress, and encourages relaxation. The essential oils and massage techniques suitable for pregnancy are also addressed. An illustrated directory of the plants shows their different forms and details their therapeutic effects and best applications. Information on aromatherapy body, complexion, and hair care completes the book. McGilvery is a journalist, editor, and broadcaster whose marketing company promotes natural therapies in hospitals and clinics. Her books include *Essential Aromatherapy: A Full-Color Guide to Using Essential Oils for Health Relaxation and Pleasure* with Jimi Reed (Smithmark Pub., 1996).

AROMA~CARE: Pet Aromatherapy.

By Francine Milford. Francine Milford, 2007. 92 pp. Softcover \$12.99.

This is part of a series of aromatherapy books that are self-published by Milford, an aromatherapist who also offers an aromatherapy products line on her website. Her book includes creating blends using essential oils on your pet to help prevent fleas, get rid of bad breath and body odors, and to relax a frazzled pet. Her other books are *Make Your Own Perfume* and *Magical Blends*.

CALENDULA: Herb of the Year 2008.

Susan Belsinger, editor. International Herb Association (PO Box 5667, Jacksonville, FL 32247. www.iherb.org 904-614-7745), 2008. 30 b/w photos, 95 pp. Softcover. \$8.00. Every year since 1995, the IHA chooses an herb of the year. This year, it is calendula flower (*Calendula officinalis*). In its honor, 12 herbalists, all IHA members, come together in this small book to present chapters on the use, cultivation, and research of calendula. The book lacks bios for these experienced herbalists and researchers, but they include authors Dr. James Duke and Susan Belsinger, and Dr. Arthur Tucker. There is even a chapter on myths associated with the flower. Although the printing has left them muted, there are very nice photos by herbalist and botanical photographer Steve Foster and others.

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