



AMAZING SCENTS.  AROMATHERAPY

LEARN WITH

Lianne

LEARN WITH LIANNE - Volume 11 dated 15 December 2021

Welcome to our new newsletter - ***Learn with Lianne***. Each week we will look at different oils, different topics related to oils and different ways we can incorporate them into our lives. We hope this newsletter will inspire you, uplift you and give you more education around your oils.

ESSENTIAL OIL BOOK SUGGESTIONS

There are literally hundreds, if not thousands, of books about essential oils and aromatherapy. Some are not worth the paper they are written on, but many are filled with amazing gems and nuggets of information to help us learn more about our precious oils.



The Blossoming Heart by Robbi Zeck

Robbi introduces us to aromatherapy and kinesiology, and how we can use our oils to

support our emotions. She has such a lovely manner in how she explains and use them. We were able to have Robbi teach us last year and hopefully can do so again in the future. In the meantime, you must look at this book and learn how you can use your oils for emotional and spiritual healing.

Robbi's book is available [here](#)

Australian Oil Profiles by Deby Atterby

This is one of the newer books on the aromatherapy book market. Deby Atterby has worked as a clinical aromatherapist, teacher and writer for many years, and this work is a culmination of her work. She delves into Australian essential oils, talks about their origins and how to use them in a wide variety of clinical applications. It is a must-have for the budding aromatherapist and enthusiast.

You can purchase this book directly from Deby [here](#).

A Scented Life by Pat Princi-Jones

This book is a visual delight. The author is a well known Australian aromatherapy expert, and this book covers her 30-year journey with oils. She talks about using oils for emotional, physical and spiritual wellbeing. Pat talks about blending and has lots of simple blends for you to try.

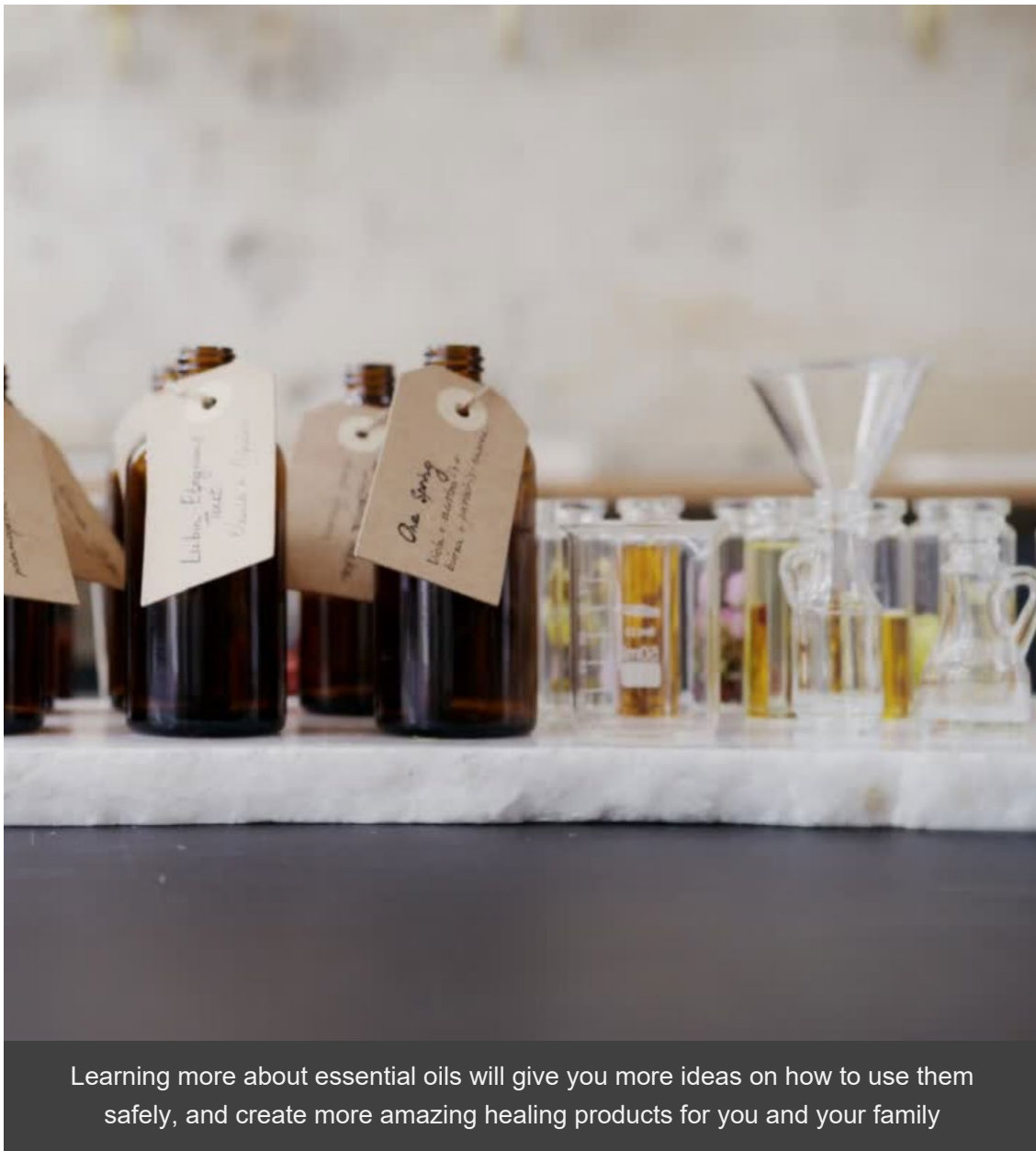
Available at online stores or through the [publisher](#).

The Ultimate Guide to Aromatherapy by Jade Shutes and Amy Galper

Whilst this book is designed for the beginner, it really covers a lot of ground. It details over 50 plant profiles, plus recipes and blends for health and beauty, as well as digestive health, immunity, women's health concerns, and so much more.

Available at all leading retail [bookstores](#).





Learning more about essential oils will give you more ideas on how to use them safely, and create more amazing healing products for you and your family

Like Chocolate for Women by Kim Morrison and Fleur Whelligan

This easy to read book is like a guidebook for women about self-love and self-care. They discuss how we can all become overworked, stressed and overwhelmed, and how important the process of self-care is - in fact, it is a priority to all health and wellbeing.

Available from a variety of [online sellers](#).

The Fragrant Pharmacy by Valerie Ann Worwood

Valerie has a number of books, all of which are amazing, and this one is a must for all oil enthusiasts. Lots of recipes, blends and suggested uses on how to keep ourselves and our families healthy using oils.

Available at all good bookstores and [online](#).

Amazing Scents

Of course, no Amazing Scents customer can go past our very own book. If you don't have this one you are missing out. Written exclusively for [Amazing Scents by Jennifer Jefferies](#), it has everything you need to get you started on your essential oil journey. This is the 'How to' book and is a vital investment in the versatility and cost-effectiveness of your oil collection.

As you can see, I've only named a few of the good books available on essential oils and aromatherapy - all written by amazing women, most of them Australian. You know I have 100s more - books become just as addictive as oils for many of us, which my bookshelf can attest to.



A lovely little diffuser blend to use when you're reading your aromatherapy books - it will help you absorb all the amazing information within it, and make reading time pleasurable and a nice time out.

Books books books

Which book is your favourite? Do you have others that should rate a mention with others? Share your favourite with us or in the Facebook group.

Got something to share or want to learn about?

Email us at socialmedia@amazingscents.com.au and we will share your stories in future editions of our newsletter.



Copyright © Amazing Scents Pty Ltd - All rights reserved.

Our mailing address is:

info@amazingscents.com.au

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).