

Aromatherapy Tip of the Week - #03

February 5, 2008

READ, READ READ!!

The best way to further your knowledge of aromatherapy is to READ!!

We cannot stress this enough. There are many good books available for use by beginners to those that are advanced.

Once you start exploring the world of aromatherapy you will soon discover which type you wish to pursue. Yes there are many different types of aromatherapy and uses for essential oils. And you may be interested in one or many areas.

Please visit our book review page at <http://birchhillhappenings.com/books.htm> for several books about aromatherapy.

Of course, our website is a plethora of tons of information. So be sure to visit our Past Newsletters, our Health and Beauty index and our Recipes files. Each section has information in easy to read and understand format.

There are lots of things to learn about in aromatherapy. You are on your way and just starting by reading! Enjoy!!