



Aromadermatology: Aromatherapy in the Treatment and Care of Common Skin Conditions

Janetta Bensouilah, Philippa Buck

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This comprehensive evidence-based guide promotes an integrative approach to using complementary therapies with conventional medicines. It increases awareness of the sound scientific basis to aromatherapy with a wealth of data and contains practical information for treatment. 'This well-illustrated thorough and authoritative text is written in a language and style that is clear and accessible to a variety of healthcare practitioners without talking down to anyone - an accomplishment in itself. A thorough understanding of dermatology underpins the book and both current research and clinical knowledge are elegantly applied to the skin conditions discussed.' Robert Tisserand in his Foreword 'With the growing interest in aromatherapy it is important that therapists and healthcare professionals are able to offer a valid rationale when integrating essential oils into clinical care. Sound knowledge of bio-chemical principles and the ability to critically appraise and apply relevant research are fundamental requirements. This book offers a comprehensive in-depth view of current knowledge. The authors have skilfully woven research and clinical application. A range of therapeutic possibilities is explored and offers practitioners alternative approaches to the management of skin conditions. These include detailed discussions on different methods of application. I hope that this book will become a standard text on both pre-qualifying and CPD courses in aromatherapy.' Angela Avis in her Foreword

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