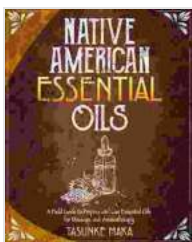


Native American Essential Oils: A Journey into the Sacred and Healing World of Plants

Essential oils have been used for centuries by cultures around the world for their therapeutic and spiritual benefits. Native American tribes have a particularly rich tradition of using essential oils, and their knowledge of these powerful plant extracts is invaluable.

In the book "Native American Essential Oils," author Mandy Aftel explores the history, uses, and benefits of essential oils from a Native American perspective. She draws on her own experiences working with Native American healers and her extensive research to provide a comprehensive guide to these sacred plant medicines.

The book is divided into two parts. The first part provides an overview of Native American essential oil traditions, including the history of their use, the different methods of extraction, and the spiritual beliefs surrounding them. The second part of the book is a detailed guide to 30 essential oils, each of which is described in terms of its botanical source, chemical composition, traditional uses, and medicinal properties.



Native American Essential Oils: A Field Guide to Prepare and Use Essential Oils for Massage and Aromatherapy (Native American Herbalism) by Tasunke Maka

★★★★★ 5 out of 5

Language : English
File size : 17596 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled

Print length : 101 pages
Lending : Enabled



Aftel's writing is both informative and engaging, and she provides a wealth of insights into the Native American worldview. She also includes many personal anecdotes and stories, which help to bring the subject to life.

"Native American Essential Oils" is a valuable resource for anyone interested in learning more about the healing power of plants. It is a beautifully written and well-researched book that provides a unique perspective on the subject of essential oils.

Key Features of the Book

- Comprehensive overview of Native American essential oil traditions
- Detailed guide to 30 essential oils, including their botanical source, chemical composition, traditional uses, and medicinal properties
- Personal anecdotes and stories from the author's work with Native American healers
- Beautiful photography and design

Benefits of Reading the Book

- Gain a deeper understanding of the Native American worldview and their relationship with plants
- Learn about the history, uses, and benefits of essential oils
- Discover new ways to use essential oils for healing and well-being

- Be inspired by the author's personal journey of discovery

Who Should Read the Book

- Anyone interested in learning more about essential oils
- Native American healers and practitioners
- Aromatherapists and massage therapists
- Anyone interested in the healing power of plants
- Anyone who appreciates beautiful writing and photography

About the Author

Mandy Aftel is a renowned author, perfumer, and expert on essential oils. She is the author of several books on the subject, including "Essence and Alchemy" and "Aroma: The Natural History of Smell." Aftel is also the founder of Aftelier Perfumes, a company that produces natural perfumes and essential oils.

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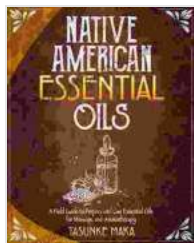
Reviews

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"Mandy Aftel's book is a must-read for anyone interested in essential oils. She provides a comprehensive overview of Native American essential oil traditions, as well as a detailed guide to 30 essential oils. Aftel's writing is both informative and engaging, and she provides a wealth of insights into the Native American worldview. This book is a valuable resource for anyone interested in learning more about the healing power of plants." -

The Herb Quarterly

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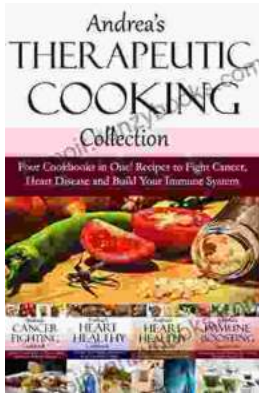


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