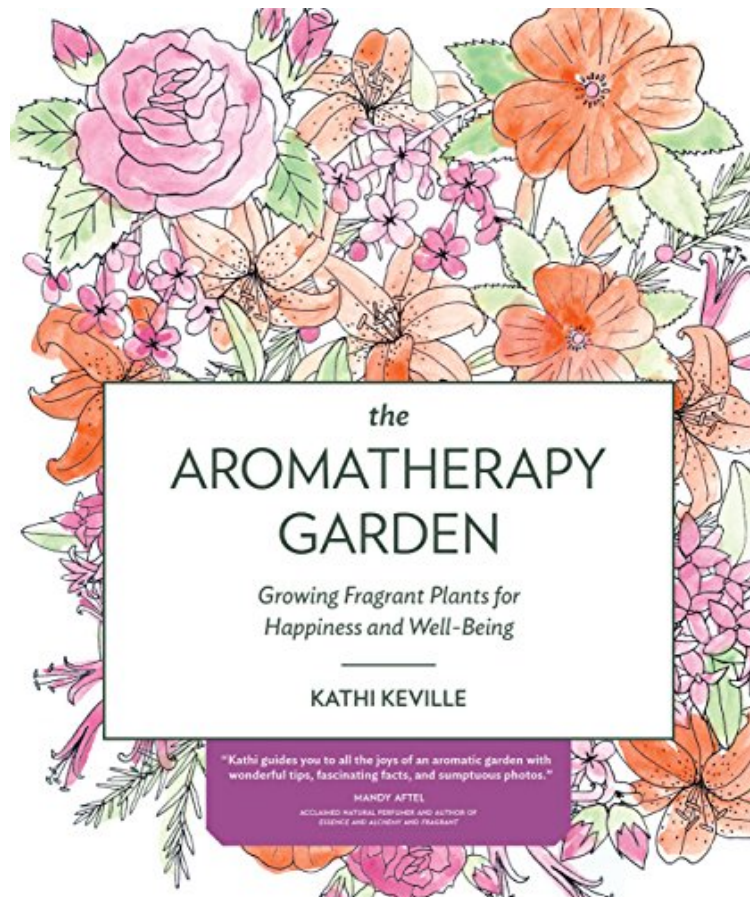


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The Aromatherapy Garden: Growing Fragrant Plants for Happiness and Well-Being

Kathi Keville

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Kathi Keville : The Aromatherapy Garden: Growing Fragrant Plants for Happiness and Well-Being before purchasing it in order to gage whether or not it would be worth my time, and all praised The Aromatherapy Garden: Growing Fragrant Plants for Happiness and Well-Being:

0 of 0 people found the following review helpful. You won't be disappointed!By SweetAndSaltyI absolutely love this book! My husband and I have a large fragrant garden. I create natural perfumes, and tinctures are at the core of my perfumes. I purchased this book hoping to discover plants that I could add to my garden. It's wonderful the way the book is organized. Each plant has its own page (sometimes two), and includes full descriptions, zone information, growing information, garden placement. The photos are absolutely gorgeous, each plant has its own stunning photographs. Although our garden does contain many of the plants in this book, there are still many to explore and discover. Being an experienced gardener, I'm extremely happy with this book and I've already recommended it to a few fellow natural perfumers and my Mom, which is where my love of gardening stems from! I'm adding a few photos

to exhibit the layout of this book.0 of 0 people found the following review helpful. Inspiring, pretty book.By M.This book is sooo pretty. I borrowed a copy from the local library and before it was due back, I ordered my own copy. Even if I am not able to grow my own fragrant garden, just reading about them is uplifting to me.0 of 0 people found the following review helpful. LOVE LOVE LOVEBy Book Lover Readslove this book. Was visiting my daughter in Oregon and she had a copy from the library which she loved, so I bought us both a copy. Cannot wait to implement.

Kathi guides you to all the joys of an aromatic garden with wonderful tips, fascinating facts, and sumptuous photos. Mandy Aftel, acclaimed natural perfumer and author of *Essence and Alchemy* and *Fragrant*The Aromatherapy Garden explains how fragrant plants can be as therapeutic as they are intoxicating, and how easy it is to add this captivating element to gardens large and small. It reveals the scents, secrets, and science behind fragrant plants, and how to optimize the full benefits of fragrance. Hone your powers of concentration with lemon verbena. Beat the blues with wintersweet. And use rose geranium to relieve anxiety and stress. Revealed here are the scents, secrets, and science behind plant aromatherapy, and how to optimize its full benefits. Detailed plant profiles will help you create a beautiful source of restorative aromas, oils, sachets, teas, and more. The nose knowsand with Kevilles expertise, now you too can create your own sanctuary of health and happiness

Another intelligent and stunningly beautiful book to delight and tickle our senses. . . . Anyone interested in gardening, medicinal herbs, aromatherapy, or who just loves beautiful books will treasure this truly original book by one of the great herbalists of our times.Rosemary Gladstar Kathi Kevilles beautifully illustrated aromatic garden and infectious love of plants and distillation are redolent in these pages, while her enviable depth of knowledge about all things, such as how plants communicate, makes her book an intellectual delight to savor. Every page is a journey into the nature of nature.Robert Tisserand, author and essential oil researcher Beautifully done and immensely helpful. Jeanne Rose, author and executive director of the Aromatic Plant Project Whether you are a beginner to gardening and/or aromatherapy, or a more seasoned expert, Kathis newest book is sure to delight all of your senses! National Association for Holistic Aromatherapy A breath of fresh aromatic air, artfully and tastily presented. Jim Duke, author of *The Green Pharmacy* Keville weaves references to studies about healing and invigorating smells into short cultural histories of facts and stats. . . .Most admirably, Keville rises to the challenge of describing each scent (Basils spicy clove scent, with its hint of mind and pepper, makes it delightfully sweet, hot, and sharp all at the same time). With such rich descriptions, readers will long for the actual aroma.Publishers Weekly Kathi Keville fills the readers medicine chest with information on how to grow your well-being with plants. Garden Design Online The books 200 stunning color photos show off featured plants accompanied by poetic descriptions of their signature scents, histories and gardening tips. The Union If you are a gardener who enjoys fragrant plants, then Kathi Keville's new book *The Aromatherapy Garden: Growing Fragrant Plants for Happiness and Well-Being*, should be on your reading list. . . . this book is full of lovely, colorful photographs and great information on aromatic plants and creating you own fragrant garden. Vegetable Gardener