TABLE OF CONTENTS

Preface for the English edition ——9
Introduction to aromatherapy ——13
Brief history — 17
Industrial uses of essential oils ——20
Therapeutic uses of essential oils ——21
Selection and purchase of raw materials ——22
Why organic is preferable ——24
Selling essential oils is a business —— 25
Description and characteristics of essential oils ——28
Method of production of essential oils and other fragrant extracts ——31
Cultivation of source plants ——34
Quality of essential oils ——36
Storage of essential oils ——39
Methods of application of essential oils ——40
General information ——40
Inhalation ——41
Skin applications ——43
Internal use ——44
Safe use of essential oils ——45
First aid ——48
Pregnant and breastfeeding women ——48
Phototoxic essential oils ——49
Persons suffering from epilepsy ——50
Problematic essential oils ——50

How essential oils work ——52
Absorption by inhalation ——52
Absorption through the skin ——53
Absorption by internal use ——55
Children and aromatherapy —— 55
Selection of essential oils suitable for young children ——57
Essential oils not suitable for children under 5 years of age ——57
Methods of application of essential oils in children ——58
Suggested dilution of essential oils for children ——59
Essential oil starter kit for the home ——60
Recommended essential oils ——60
Home production of aroma preparations ——62
Basic aids ——62
Preparation of therapeutic mixture of essential oils ——64
Dermal application of the therapeutic mixture of essential oils ——66
Application of essential oils by inhalation ——71
Essential oils in the kitchen ——73
Biochemistry of essential oils ——76
List of select components of essential oils ——78
Alphabetical list of essential oil profiles ——101
Overview of select ailments and suitable essential oils ——325
Carrier oils and fats —— 373
Sources of vegetable oils and fats ——373
Quality —— 374
Characteristics and composition of vegetable oils and fats ——376
Effect of vegetable oils and fats on the skin ——378

Most commonly used vegetable oils and fats ——379 Method of use of vegetable oils and fats ——379 Macerates —— 380 Overview of select vegetable oils and fats ——380 Hydrolats —— 399 Use of hydrolats ——401 Some practical advice on application ——402 Overview of select hydrolats ——404 Natural skin care ——419 Home skin care ——424 Author's note on nomenclature ——427 CITES —— 431 Selection of recommended literature and online resources ——433 About the author ——435 Essential oil and absolute profile index ——436 Hydrolat profile index ——449 Essential oil component profile index -451 Vegetable oil/fat profile index ——453