

# Aromatherapy Stress Management - A Guide For Home Use By Christine Westwood

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Aromatherapy for stress management is an enjoyable way to use essential oils, which have a very long history of use for their healing qualities.

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## **Alternative health**

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## **Aromatherapy ( essential oils therapy) - topic**

What is aromatherapy? Aromatherapy, or essential oils therapy, is using a plant's aroma-producing oils (essential oils) to treat disease.

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