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Book Review

by Lisa Mertz

Essential Oils and Aromatics:

A Step-by-Step Guide for use in Massage and Aromatherapy

by Marge Clark

Silverleaf Press, 2008, hardcover, 96 pages, \$16.95.

Founder of Nature's Gift (www.naturesgift.com, reviewed in mtj Summer 2007), Marge Clark describes in this beautifully illustrated little book how to use essential oils for easing pain, combating infections and nurturing emotions. She discusses how to discern high-quality oils, as well as how to store your essential oils safely based on their "notes." She provides detailed descriptions of some of the most useful oils, including safety warnings. She also offers a valuable list of carrier oils, and discusses how undiluted essential oils are powerful enough to sensitize and irritate the skin, causing dermal inflammation and allergic reactions. Topical applications using diluted essential oils, such as baths, compresses and massage are described. Undiluted oils, she says, can be used in diffusers and nebulizers, when inhalation is appropriate. Convenient charts showing uses and effects of essential oils are included, along with amounts for full body and localized massage sessions, and recipes and blends for skin care, emotional well-being and clearing the air. This beautiful little book is a substantive contribution to the instructional literature on aromatherapy.

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