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Awaken to Healing Fragrance: The Power of Essential Oil Therapy

Elizabeth Anne Jones

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Written for both lay readers and practitioners, *Awaken to Healing Fragrance* is divided into three parts structured around the past, present, and future of aromatherapy. The book begins with profiles of prominent female historical figures—from Cleopatra to Elizabeth I—known to have used essential oils for mind, body, and spiritual health. Part two explains the value of aromatherapy today: modern methods for using essential oils—from relaxation practices like massage and facials to treating common conditions like PMS, stress, and a sore throat—and describes how and why they work. Also featured are case studies, research on anti-infectious qualities of the oils, and a section on psychoneuroimmunology that shows how essential oils can help restore the mind-body-spirit connection and create balance. *Awaken to Healing Fragrance* concludes by exploring the future of essential oil therapy and how it can be integrated into traditional medical systems. Jones discusses energetic medicine, creating aromatic gardens, and establishing integrative medicine clinics where doctors trained in Western medicine would collaborate with alternative therapists such as acupuncturists, nutritionists, and aromatherapists to bring a new consciousness and sense of well-being to healthcare.

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