

# *Aromatherapy* ARSENAL



**ARM YOURSELF WITH KNOWLEDGE  
FOR HEALING WITH AROMATHERAPY**

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# Foreword

The basis of aromatherapy is in its utilization of naturally gathered essential oils. These oils are commonly extracted from plant material and additional compounds. The flower based oils are commonly for powerfully aromatic users while the early sources of oils are principally utilized for medicinal purposes. These oils are chiefly extracted from flowers or delicate plant tissues which are already known for their various properties. Get all the info you need here.