

Books



THE COMPLETE GUIDE TO AROMATHERAPY. 2ND EDITION. SALVATORE BATTAGLIA

Salvatore Battaglia has an extensive background in natural therapies and acupuncture; this is made evident when glancing at the many chapters that comprise his book. To say the book is comprehensive would be an understatement, encyclopaedic just about sums up this monumental work. Leaving no stone unturned Salvatore Battaglia draws from an extensive number of scientific disciplines; such as chemistry, botany, pharmacology, placing his emphasis throughout the book on a multi-disciplined approach.

The book is divided into six units, unit one is concerned with developing a holistic framework for the practice of aromatherapy; Unit two is concerned with the essential issues and seeks to develop a comprehensive understanding on how aromatherapy works. Unit three gives extensive information on sixty essential oils, unit four covers the practical issues and skills required for the practice of aromatherapy. Unit five provides a clinical index, giving the skills on how to treat a number of conditions, unit six covers aesthetic aromatherapy; using oils in skin care and a day spa. This book will be an invaluable aid to lay person, student and professional.

THE REIKI SOURCEBOOK - BROWNWEN & FRANS STIENE

Complete with an extensive glossary of terms, bibliography and a suggestion for further study, this inspiring tome deserves the name 'The Reiki Sourcebook'. The depth of the research is inspiring. The following quote from the book is intended to define the practice of Reiki and eradicate misconceptions. It gives some insight into the authors' intention; 'is it a religion, a massage procedure or could it even be dangerous? No, is the answer to all three questions ...the system of Reiki is a method of working with energy that allows the body to clear itself leaving you feeling lighter, healthier and happier'. These pages cut through what can only be called a Gordian knot and unravel the mystery that surrounds the origins of Reiki. This book offers many valuable hints and guidelines about how to choose the right teacher and find the right course. The basic Buddhist precept of right understanding seems to epitomise the general approach throughout the book. Furnished with facts including a detailed diagram showing the associations between the different lineages from the founder Mikao Usui (1865) to the current time. The various branches of reiki are explored; including explanations and illustrations of techniques from Japan and the west, a summary of each variation with their link to the founder, contact details and number of levels taught. Also included is a compendium of scientific studies undertaken on Reiki, references extracted from medical journals are provided. This is the most complete work ever done on Reiki.

