



Aromatica: A Clinical Guide to Essential Oil Therapeutics. Volume 1: Principles and Profiles

By Peter Holmes

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The first of two volumes, this is a comprehensive clinical text on the principles behind the clinical use of essential oils. It builds an important foundation for essential oil therapy and includes profiles of the most important 30 essential oils used in practice.

This detailed and practical database of clinical experience of essential oil therapeutics takes a truly holistic approach, focussing on the psychological, the physiological and the energetic or Chinese medical aspects. Skilfully blending the evidence of scientific research with that of clinical practice, the book builds a comprehensive therapeutic profile for each oil it presents to the reader. Based on the different administration methods used and the absorption pathways activated, it clearly differentiates the psychological, physiological and topical uses of these essential oils. An extensive Materia Medica section is included.

Reliable clinical reference material is offered for all complementary therapists, including aromatherapists, medical herbalists, Chinese Medicine practitioners, energy medicine therapists and massage therapists.

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Editorial Review

Review

Peter Holmes has done it again. In his usual style, he has produced a useful clinical text on use of volatile oils. Rather than focusing on documenting everything in the medical literature, he has focused on all the practical aspects of these oils and just enough science and history to keep it all in context. -- Eric Yarnell, ND, RH(AHG), Associate Professor, Dept. of Botanical Medicine, Bastyr University, Kenmore, WA This is a truly outstanding contribution to the literature on essential oil therapeutics. Based on years of experience, Holmes shares his profound insights into the therapeutic and clinical usage of essential oils, seamlessly weaving vitalistic and allopathic paradigms. Regardless of the individual practitioner's approach and philosophical leanings, this is an invaluable resource. *Aromatica* is the most significant text on essential oil therapy to emerge in recent years, and is destined to become a 'classic' in the field. -- Jennifer Peace Rhind, author of *Essential Oils - a Handbook for Aromatherapy Practice, Fragrance and Wellbeing, Listening to Scent and Aromatherapeutic Blending* *Aromatica* is a meticulously researched and scholarly book, which covers the use of essential oils from a wide-ranging clinical perspective. It includes precise data on some unusual oils such as Blue Tansy, as well as outlining the critical importance of selecting premium quality oils to ensure their therapeutic effectiveness. Overall, this book is a valuable and original contribution to the literature presently available. -- Julia Lawless, owner of Aqua Oleum and author of 'The Encyclopedia of Essential Oils' and 'Complete Essential Oils Sourcebook' It is the eclectic, integrated nature of this exposition that makes *Aromatica* an indispensable source of reliable information on the energetic and symptomatic therapeutics of essential oils. The fact that these faculties are discussed with eloquence and lucidity, as well as a deep appreciation of the provenance, potency and olfactory subtlety of essential oils, instils this opus with the excellence of artisanship - like the work of the distiller whose plant essences are the product of their passion, the alchemical consummation of their calling. -- From the foreword by Gabriel Mojay LicAc, CertEd, FIFPA, Founding Co-Chair of the International Federation of Professional Aromatherapists (IFPA) If there was ever a book that could transmit the full spectrum of treasure, value and validity of essential oils in our time, this is it. -- From the foreword by Tiffany Carole Pollard MS, L.Ac, LMP, Synergy Wellness Center Peter shares with us his great gift for using the terms and principles of Chinese medicine to explore herbal medicines from beyond the classical Chinese materia medica with easily understandable and clinically useful clarity. It is a real feast for the student and the seasoned clinician alike. This book secures Peter's place as a master of weaving eclectic systems of classification into a clinically useful modern construction. -- From the foreword by Charles Lev, Faculty Instructor in Family Medicine, Oregon Health Science University and Clinical Supervisor, National College of Natural Medicine His arguments, research and presentation are engaging, enlightening, truthful and honest. Peter Holmes has produced a truly wonderful book that I am sure will find pride of place on many therapists' shelves. -- Anita James In *Essence* Peter Holmes excels in presenting botanical therapeutics in their multi-faceted historical and cultural contexts. -- Rhiannon Lewis & Gabriel Mojay *International Journal of Clinical Aromatherapy*

Review

Peter Holmes has done it again. In his usual style, he has produced a useful clinical text on use of volatile oils. Rather than focusing on documenting everything in the medical literature, he has focused on all the practical aspects of these oils and just enough science and history to keep it all in context. (Eric Yarnell, ND, RH(AHG), Associate Professor, Dept. of Botanical Medicine, Bastyr University, Kenmore, WA)

This is a truly outstanding contribution to the literature on essential oil therapeutics. Based on years of experience, Holmes shares his profound insights into the therapeutic and clinical usage of essential oils,

seamlessly weaving vitalistic and allopathic paradigms. Regardless of the individual practitioner's approach and philosophical leanings, this is an invaluable resource. *Aromatica* is the most significant text on essential oil therapy to emerge in recent years, and is destined to become a 'classic' in the field. (Jennifer Peace Rhind, author of *Essential Oils – a Handbook for Aromatherapy Practice, Fragrance and Wellbeing, Listening to Scent and Aromatherapeutic Blending*)

Aromatica is a meticulously researched and scholarly book, which covers the use of essential oils from a wide-ranging clinical perspective. It includes precise data on some unusual oils such as Blue Tansy, as well as outlining the critical importance of selecting premium quality oils to ensure their therapeutic effectiveness. Overall, this book is a valuable and original contribution to the literature presently available. (Julia Lawless, owner of Aqua Oleum and author of 'The Encyclopedia of Essential Oils' and 'Complete Essential Oils Sourcebook')

It is the eclectic, integrated nature of this exposition that makes *Aromatica* an indispensable source of reliable information on the energetic and symptomatic therapeutics of essential oils. The fact that these faculties are discussed with eloquence and lucidity, as well as a deep appreciation of the provenance, potency and olfactory subtlety of essential oils, instills this opus with the excellence of artisanship - like the work of the distiller whose plant essences are the product of their passion, the alchemical consummation of their calling. (From the foreword by Gabriel Mojay LicAc, CertEd, FIFPA, Founding Co-Chair of the International Federation of Professional Aromatherapists (IFPA))

If there was ever a book that could transmit the full spectrum of treasure, value and validity of essential oils *in our time*, this is it. (From the foreword by Tiffany Carole Pollard MS, L.Ac, LMP, Synergy Wellness Center)

Peter shares with us his great gift for using the terms and principles of Chinese medicine to explore herbal medicines from beyond the classical Chinese materia medica with easily understandable and clinically useful clarity. It is a real feast for the student and the seasoned clinician alike. This book secures Peter's place as a master of weaving eclectic systems of classification into a clinically useful modern construction. (From the foreword by Charles Lev, Faculty Instructor in Family Medicine, Oregon Health Science University and Clinical Supervisor, National College of Natural Medicine)

His arguments, research and presentation are engaging, enlightening, truthful and honest. Peter Holmes has produced a truly wonderful book that I am sure will find pride of place on many therapists' shelves. (Anita James *In Essence*)

Peter Holmes excels in presenting botanical therapeutics in their multi-faceted historical and cultural contexts. (Rhiannon Lewis & Gabriel Mojay *International Journal of Clinical Aromatherapy*)

About the Author

Peter Holmes, LAc, MH, is a medical herbalist, essential oil therapist and Chinese medicine practitioner with over 30 years of extensive education, clinical practice and teaching experience. He is the author of several herbal medicine textbooks and teaches for Snow Lotus Seminars on the energetic and clinical use of essential oils. His website is snowlotus.org. Peter is the co-founder, with Tiffany Carole Pollard, of Aroma Acupoint Therapy™.

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Lola Hernandez:

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Marla Brinker:

Reading can called mind hangout, why? Because when you are reading a book specially book entitled Aromatica: A Clinical Guide to Essential Oil Therapeutics. Volume 1: Principles and Profiles your brain will drift away trough every dimension, wandering in each aspect that maybe unfamiliar for but surely can be your mind friends. Imaging each word written in a e-book then become one web form conclusion and explanation that will maybe you never get ahead of. The Aromatica: A Clinical Guide to Essential Oil Therapeutics. Volume 1: Principles and Profiles giving you an additional experience more than blown away the mind but also giving you useful details for your better life with this era. So now let us present to you the relaxing pattern here is your body and mind are going to be pleased when you are finished studying it, like winning a sport. Do you want to try this extraordinary wasting spare time activity?

Larry Luis:

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why this book ideal all of you.

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