

JENNIFER PEACE RHIND



LISTENING TO SCENT

*An Olfactory Journey with
Aromatic Plants and their Extracts*

Listening To Scent An Olfactory Journey With Aromatic Plants And Their Extracts

Ari Turunen



Listening To Scent An Olfactory Journey With Aromatic Plants And Their Extracts:

Listening to Scent Jennifer Peace Rhind, 2014-06-21 This imaginative book offers aromatherapy students and practitioners as well as anyone interested in developing their olfactory palate a unique and enjoyable way of acquiring and developing essential skills such as olfactory vocabulary awareness and discrimination It also includes scent profiles for expanded practice

The Healing Power of Scent Ellen Rowland, 2024-06-18 In *The Healing Power of Scent* aromatherapist and author Ellen Rowland dives deep into the most mysterious and ephemeral of the five senses scent and explores how we can use our own unique responses to the smells we find in the world around us for spiritual and emotional healing Starting from a place of inquisitiveness the science of scent is unpacked in accessible terms as its healing power is revealed through its molecular makeup The practical application of scent comes next with a series of exercises recipes and prompts to help the reader develop their own scent diary and understanding of the scents that mean the most to them The recipes include blends of oils for the reader to try with instructions for other products to add scent to a create a life filled with a healing power that makes the reader feel safe and supported *The Healing Power of Scent* explores the emotional aspects of scent and its associations and looks closely at how certain scents can actually have a physical impact on us and how that impact can be harnessed for healing Throughout the book exercises to engage fully with what scent means to the reader and how it can be used to improve everyday life are explained in an easy to follow way with guidance on how to bring more helpful and healing scent into everyday life A perfect introduction to everything you could want to know about the power of scent the combined scientific and emotional approaches result in a truly holistic understanding of the healing power of scent and how it can enhance your life

Essential Oils (Fully Revised and Updated 3rd Edition) Jennifer Peace Rhind, 2019-10-21 The latest edition of this research based guide to essential oils and their use in contemporary aromatherapy provides a full historical and cultural context for aromatherapy practice The characteristics of over 100 essential oils absolutes and resinoids are provided in detail including botanical and chemical information usage and combinations

Aromatherapeutic Blending Jennifer Peace Rhind, 2015-10-21 Investigating the intricacies of aromatherapeutic blending this book explores the concept of synergy and presents evidence for the biological and therapeutic actions of essential oils and absolutes It encourages the practitioner to reflect on their approaches to treatment and provides guidance on building effective and safe blends

The Spirit in Aromatherapy Gill Farrer-Halls, 2014-07-21 Gill Farrer Halls explores how using intuition and meditation in aromatherapy practice can transform on going work with clients From ways of identifying essential oils to creating effective synergistic and holistic blends she explores how an aromatherapist s skills and techniques can be enhanced by an intuitive and meditative approach

Natural Things in Early Modern Worlds Mackenzie Cooley, Anna Toledano, Duygu Yildirim, 2023-05-09 The essays and original visualizations collected in *Natural Things in Early Modern Worlds* explore the relationships among natural things ranging from pollen in a gust of wind to a carnivorous pitcher plant to a shell like skinned

armadillo and the humans enthralled with them Episodes from 1500 to the early 1900s reveal connected histories across early modern worlds as natural things traveled across the Indian Ocean the Ottoman Empire Pacific islands Southeast Asia the Spanish Empire and Western Europe In distant worlds that were constantly changing with expanding networks of trade colonial aspirations and the rise of empiricism natural things obtained new meanings and became alienated from their origins Tracing the processes of their displacement each chapter starts with a piece of original artwork that relies on digital collage to pull image sources out of place and to represent meanings that natural things lost and remade Accessible and elegant Natural Things is the first study of its kind to combine original visualizations with the history of science Museum goers scholars scientists and students will find new histories of nature and collecting within Its playful visuality will capture the imagination of non academic and academic readers alike while reminding us of the alienating capacity of the modern life sciences

Cooking for the Senses Jennifer Peace Rhind, Gregor Law, 2018-02-21 Presenting a new way of looking at food and flavour this recipe book explains how the palate works and explores the senses to help you maximise flavour in your kitchen Beautifully packaged this first book on neurogastronomy for the home cook includes over 100 vegan recipes

Hydrosol Therapy Lydia Bosson, 2018-12-21 The complete guide to working with hydrosols covering both theory and practical application The book includes detailed descriptions testimonials and recipes for all kind of disorders It provides professionals with clear instructions on how to introduce hydrosols in a therapeutic setting as well as how to use them in everyday life

The Heart of Aromatherapy Andrea Butje, 2017-01-17 Aromahead Institute founder Andrea Butje brings 40 essential oils to life in this guide to safe and effective aromatherapy From cardamom to lavender to yuzu each oil's aroma uses and safety tips are clearly defined while the core physical and emotional supportive properties are captured in expressive personality profiles Over 100 recipes are included to support skin care rest and relaxation respiratory health digestion pain relief meditation and contemplation and even natural cleaning Kid friendly adjustments accompany each recipe to ensure safe usage and a healthy home environment for all ages Take an up close and personal peek at essential oil distillers around the world as they describe the passion work and meticulous care they put into creating their homegrown products Andrea walks you through what you need to know to select quality essential oils from trustworthy sources By the end of this book you will know which oils you want to turn to for different needs whether physical or emotional and you will be able to personalize aromatherapy blends to perfectly complement your mood and spirit With only the most essential of resources you can invigorate your mind body heart and home

De atlas van geur Ari Turunen, 2022-12-08 Een fascinerende reis door de rijke wereld van geuren Zonder geuren zou er geen leven zijn planten gebruiken geuren voor het lokken van bestuivers dieren gebruiken ze bij het paren Geur beïnvloedt ons bewustzijn maakt ons alert roept herinneringen op en maakt emoties bij ons los Het is dan ook geen wonder dat parfums en specerijen al sinds mensenheugenis tot de belangrijkste handelsproducten ter wereld behoren In De atlas van geur voert Ari Turunen ons mee

naar verschillende continenten en koppelt hij geuren aan een verzameling van wetenswaardigheden uit de geschiedenis mythologie literatuur beeldende kunst etymologie en scheikunde Het resultaat is een fantastisch geschreven en prachtig vormgegeven boek dat laat zien hoe belangrijk geuren in ons leven zijn Ari Turunen studeerde Sociologie aan de University of Jyväskylä in Finland Hij maakte diverse radioprogramma's en schreef verschillende boeken vanuit sociaalwetenschappelijk perspectief over cultuurhistorische thema's Eerder verscheen van hem Weet je wel wie ik ben De geschiedenis van de arrogantie

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