

BOOK REVIEW

TITLE: The Aromatic Practitioners Reference
AUTHOR: Maria Mitchell
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This is not your usual run of the mill general interest aromatherapy book you would find on your local bookstore shelf.

This is a highly professional, specialised book for practitioners of clinical aromatherapy and aromatic medicine. The author Maria Mitchell, has both practised and taught aromatherapy for over eight years, educating her students on the responsible practice and application of essential oils.

This book is well laid out and easy to use, with a ring binder allowing it to lay flat, and with each of the 100 oils described on the two facing pages. The oils are in alphabetical order, and the plant names from which the oil is extracted is given in it's common and scientific or botanical form.

The following information is also provided. The type of extraction method, and which part of the plant is used. It's constituents with the highest percentage listed first. Therapeutic properties, with the primary, significant and notable properties noted (as listed) in order of the importance of their therapeutic properties, by the number of crosses given to each property

eg. Rosemary:

It's main properties are analgesic and expectorant (3 crosses) while it's 'lesser' properties are antispasmodic and rubefacient, indicated by 1 cross.

This is a very good and clear way of seeing at a glance the major and minor properties each plant/oil has, without having to work it out.

Maria has also listed primary and secondary indications, dosage guidelines and precautions in regard to the toxicity of each oil, for internal (where relevant) and external use.

Section Two looks at formulations and dosage forms for a variety of commonly treated conditions. This gives a starting point for practitioners to formulate individual prescriptions for patients. Note: these treatments are for qualified healthcare practitioners only. They are not for self prescription.

Some of the conditions covered are viral bronchitis, ear infections (good for children), thrush, cystitis, musculoskeletal pain, anxiety and eczema to name a few.

Formulations, dosage, actions, alternatives, cautions are all covered in detail.

Section Three is all about dosages. Dosage calculations are given for a range of remedies which are sorted into groups defined by the dispensed form of the oils. These forms are 'pure blends' which are used in burners, and dry and steam inhalations. Essential oils in carrier oils to be used in massage, bath, topical, tampon,

ear-drops. etc. Essential oils in a cream base for pain management, wound and skin care. Essential oils in alcohol, to make a drink, gargle, use as a douche or a nasal or throat spray. Finally oral and internal remedies such as pillules, honey, capsules, suppositories and herbal mixed with essential oils are all covered. Note: all of the above in section Three are once again for use by the practised professional who can alter the dosages to suit individual clients.

The book is completed with a general and constituent index.

I would strongly suggest that for professional aromatherapists this is an important book, and well worth having on your bookshelf.