



The Healing Bath: Using Essential Oil Therapy to Balance Body Energy

Milli D. Austin

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Many books discuss the aromatic power of essential oils, but *The Healing Bath* is the first to focus on using essential oils to cleanse, clear, and heal the energy field surrounding the physical body. If this energy field is damaged, the body's vitality, strength, and overall health and well-being is jeopardized. When energy fields in the subtle bodies are strengthened and energized, deep healing in the physical body is accelerated. This book describes essential oil therapy that can be used with conventional allopathic, herbal, and other healing methods.

The author has been refining her essential oil techniques for ten years, and she draws on experiences from her personal practice to describe the method.

Provides bath formulas for a wide range of physical and emotional ailments, including asthma, depression, substance abuse, headaches, sleep disorders, food intolerance, allergies, bladder and urinary tract problems, and hyperactivity.

A special section discusses the use of essential oils to heal infants and children.

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