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Common examples are nutmeg, juniper, and lavender. Base Notes: Robust and earthy, base notes are the richest form of essential oil and often come from tree resin. Their heavy, distinctive scents are great for calming anxiety and nerves. Some well-known varieties are vanilla, myrrh, and patchouli.

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Most basic needs can be covered with just ten essential oils. The Complete Book of Essential Oils & Aromatherapy includes complete charts of all essential oils and their uses, a resource guide, and directions for massage. Valerie Ann Worwood is an aromatherapist, a reflexologist, a member of the London and counties society of Physiologists, and as Chairman of Research is an

active member of the International Federation of Aromatherapists.

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