



**475 Herbal and Aromatherapy Recipes: Recipes
for life, family and all of your household needs.
(Heart of Herbs Herbal School Herbal Guides)
(Volume 1)**

Demetria Clark

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UPDATED VERSION- 475 Herbal and Aromatherapy Recipes is a herbal formulary written by Demetria Clark. Find recipes for over 475 herbal and aromatherapy formulas. This book includes everything from skin care to keeping your house in order. Demetria is a North American herbalist specializing in herbals for pregnancy, birth, postpartum, nursing and children. She is a traditional family herbalist. She has worked with families for over 20 years as an herbalist, aromatherapist, midwife, doula and traditional medicine maker. She works extensively in the US and Europe, blending the two traditions.

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