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parts of the plant. Vetiver oil is made from the roots of the grass species *Vetiveria zizanoides*; bay oil is extracted from the leaves of *Laurus nobilis*.

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And 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,



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oils, which have been extracted from flowers, spices, fruits, woods and leaves for their esthetic, psychological and medicinal applications.

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