

HEALING CIVILIZATIONS

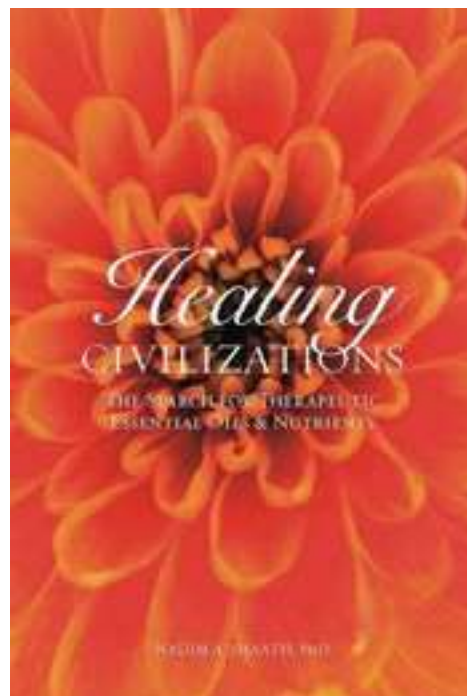
the coveted night blooming Jasmine. The sight of the women picking the flowers, all dressed in colorful clothing and singing out loud in the night was a haunting and unforgettable experience.

Is there a particular essential oil that you find yourself working with often lately?

I love Neroli. It's my favorite aromatherapeutic oil that is unbelievable in alleviating depressing thoughts, shock and grief. Its bitter orange aroma is sensational.

Are you working on any projects we'll get to hear about from you in the future?

I am currently assembling GC-MS information on a larger variety of essential oils. I will be writing a new book that lists the technical information required for over 250 essential oils and therapeutic ingredients.



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JUST FOR FUN

- FAVORITE VEGETABLE: corn and peas
- FAVORITE FLOWER: Jasmine
- FAVORITE HERB: Basil
- FAVORITE PLACE YOU HAVE TRAVELED: I love Italy, especially the Tuscany region.
- FAVORITE ESSENTIAL OIL: Neroli and Jasmine

ABOUT THE AUTHOR

Dr. Nadim Shaath received his BS (Honors) in Chemistry from the University of Alexandria, Egypt, and his PhD in Organic Chemistry from the University of Minnesota. He joined the Chemistry Faculty at the State University of New York at Purchase, where he became chairman. Dr. Shaath is a frequent speaker/moderator at many scientific meetings and is the author of numerous articles on essential oils, aromatherapy, and sunscreen journals and publications. He is the author and editor of four books on sunscreens and ultraviolet filters and writes a bimonthly column in the industry magazine *Happi* entitled "The Sunscreen Filter."