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Read Huiles essentielles bien-être ! Thierry Folliard & Rachel Frély le livre en ligne PDF EPUB mobi, Mon réflexe aroma pour toutes les situations

Les huiles essentielles ont « le vent en poupe », et c'est tout à fait justifié ! Agréables à utiliser, incroyablement efficaces, elles sont non seulement un précieux allié santé, mais aussi un formidable atout bien-être et plaisir.

Ludique et pratique, ce cahier donne toutes les formules, remèdes, et conseils pour profiter sans vous ruiner de leurs multiples bienfaits : santé, bien-être, anti-stress, cuisine, beauté...Soulagez ou soignez sans danger les petits maux qui vous empoisonnent la vieFabriquez vos produits de soins et de beauté 100 % naturelsEntretenez votre intérieur et chassez les bestioles indésirablesCréez chez vous une atmosphère apaisante ou stimulante selon vos enviesLe plus : pour chaque situation, une « trousse type » d'huiles essentielles : pharmacie d'urgence, trousse de voyage, beauté, hiver, bien-

être et détente...

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