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Se la pelle potesse scegliere (Italian Edition)

Samantha Fumagalli

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Se la pelle potesse scegliere (Italian Edition) Samantha Fumagalli
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Sapevi che gli oli possiedono così tante proprietà?
Oli vegetali, oleoliti e oli essenziali sono veri e propri elisir per la pelle, perché oltre a possedere specifiche proprietà curative, hanno una struttura simile alla cute e allo strato che la protegge dal tempo e dagli agenti esterni. Grazie a questo libro, puoi conoscere gli oli e imparare a usarli per sfruttare al meglio le loro magiche virtù.
Un manuale pratico per conoscere la pelle e prendersene cura in modo semplice, efficace e naturale, attraverso i consigli per uno stile di vita sano, un'alimentazione corretta, l'uso di oli puri e qualche trucco offerto dalla Dermoriflessologia.

Samantha Fumagalli è autrice dei libri: Guerrieri stanchi di lottare (YCP Ed), Riflessologia della memoria (Il Punto d'Incontro Ed), Il potere dei sogni e la Dermoriflessologia (Il Punto d'Incontro Ed), Dermoriflessologia (Amrita Ed), Le 5 bilance del benessere (Amrita Ed).

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