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Lire des ebooks Eaux florales mode d'emploi Jean-Charles Sommerard & Aude Maillard PDF, ePub, mobi, Ce livre propose aux lecteurs un guide des eaux florales et hydrolats pour deux périodes précieuses : la grossesse et l'arrivée du bébé. Moins ardentes et actives que les huiles essentielles, ces eaux florales, douces et moins concentrées, sont alors parfaites ! Elles sont la solution idéale pour que maman et bébé profitent pleinement de leurs bienfaits, tout en douceur et fraîcheur. Aux indispensables informations générales s'ajoutent ensuite des conseils pratiques : solutions bien-être et santé, recettes de toilette et aussi boissons fraîcheurs ou plats aromatisés, jusqu'à l'utilisation psycho-émotionnelle des fragrances des eaux florales et hydrolats... Le livre se termine par deux index croisés : quelle eau florale pour quelle affection.

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