

C'EST MALIN

Julien Kaibeck
Préface de Dominique Baudoux

LES HUILES VÉGÉTALES



**Huile d'olive, d'argan, de noisette... les meilleures
huiles et les conseils pour votre beauté, votre santé
mais aussi pour la maison ou la cuisine**

L E D U C . S
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VIE QUOTIDIENNE

Les Huiles Vegetales C'est Malin

Julien Kaibeck



Les Huiles Veacutegeacutetales Cest Malin:

Les huiles végétales, c'est malin Julien Kaibeck, 2024-08-21 Des vergetures att nuer Hop un massage l huile d amande douce Une peau s che ou des rides Quelques gouttes de rose musqu e feront des miracles Et pour un manque d om ga 3 6 ou de vitamines vous n avez qu piocher parmi celles de noix de colza d onagre Les huiles v g tales ont mille vertus vous offrir D couvrez dans ce livre Les huiles v g tales en 20 questions r ponses quels sont les diff rents types Comment les utiliser au mieux Un ab c daire des astuces pour la beaut et la sant de Acn Zona en passant par Bronzage pilation ou Pellicules Des utilisations pratiques pour la cuisine et la maison r aliser des conserves faire dispara tre les odeurs d vier repousser les parasites du jardin En bonus un protocole de soin et une recette de cr me hydratante ultra riche t l charger gratuitement LE LIVRE POUR UTILISER LES HUILES V G TALES AU QUOTIDIEN Julien Kaibeck est un auteur sp cialis en aromath rapie cosm tique et sant Chroniqueur dans divers m dias il est tr s appr ci pour ses livres dont Adoptez la Slow Cosm tique et Ma Bible de la Slow Cosm tique aux ditions Leduc et sur son site www.lessentieldejulien.com *Les huiles végétales, c'est malin* Julien Kaibeck, 2013-08-23 Des vergetures att nuer Hop un massage l huile d amande douce Une peau s che qui commence rider Quelques gouttes d huile de rose musqu e feront des miracles Et pour un manque d om ga 3 6 ou de vitamines vous n avez qu piocher parmi les huiles de noix de colza d onagre Les huiles v g tales ont mille vertus vous offrir D couvrez dans ce livre Les huiles v g tales en 20 questions r ponses est ce qu elles graissent la peau est ce qu on peut les m langer sont elles bon march comment les utiliser au mieux Quelles huiles v g tales pour soi chaque profil les huiles les plus adapt es enfant femme enceinte sportif adulte et senior Un ab c daire des astuces pour la beaut et la sant de Acn Zona en passant par Cholest rol Bronzage Massage B b ou Pellicules mais aussi pour la cuisine et la maison comme compl ment alimentaire anti ge vinaigrette sant produit de jardinage Inclus les huiles essentielles y associer pour encore plus d efficacit et un grand tableau tr s complet pour s y retrouver facilement parmi toutes les huiles v g tales

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