



Essences de femmes: A chacune son huile essentielle (French Edition)

Dominique Baudoux

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Dominique Baudoux vous propose 200 façons différentes d'utiliser les huiles essentielles quotidiennement

La sportive, l'hystérique, la cuisinière, la sensuelle, la baba cool, la stressée, la dépressive, la maladroite, la grand-mère, l'enrhumée, la ballonnée, l'allergique, la mère de famille... Chaque lectrice qui ouvrira ce petit bouquin illustré avec humour se retrouvera dans l'un ou l'autre de ces 52 profils. Et chacune d'entre elles trouvera le remède à base d'huiles essentielles, facile à respirer, avaler, diffuser ou à appliquer sur la peau, qui règlera ses petits tracas quotidiens.

***Essences de femmes* est le guide pratique à avoir avec soi en toute circonstance et à consulter sans modération !**

CE QU'EN PENSE LA CRITIQUE

- « Un petit livre pratique plein de bon sens. » - **ELLE**

- « Marrant sur la forme et sérieux sur le fond, ce manuel est surtout un outil pratique à consulter en cas de crise de nerfs, bleus et autres tracas du quotidien. » - **Le Flair**

A PROPOS DE L'AUTEUR

Dominique Baudoux est un patron pharmacien passionné de santé et de bien-être. Professeur d'aromathérapie mondialement reconnu, il enseigne la force préventive et curative des Huiles Essentielles dans un collège qui porte son nom.

A PROPOS DE L'ÉDITEUR

Soliflor est une maison d'édition à l'ambiance familiale où germent des idées à foison, rassemblées en de petits livres carrés et colorés, balayant des thématiques variées centrées sur l'art de vivre, de la cuisine au jardin, en passant par toutes les autres pièces de la maison. Oui, les thèmes sont ceux de la vie quotidienne, que nous aimons appréhender de la façon la plus naturelle et respectueuse possible.

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