

14 HUILES ESSENTIELLES

pour le bien-être des femmes



Sauge sclarée

antidépresseur, renforce les défenses immunitaires, aide respiratoire, améliore l'équilibre hormonal.



Origan

antiseptique, oedème et cellulite, santé respiratoire et intestinale.



Orange

aide à la digestion, calme et améliore l'humeur, renforce les défenses immunitaires, purifie l'air.



Bergamote

calme le stress et l'anxiété, soin des mycoses, soulage la rétention d'eau.



Citron

désodorisant, soin digestif, renforce les défenses immunitaires, relaxation, concentration.



Camomille

soin pour les peaux sensibles, nettoyant, réduit les poches sous les yeux, soin pour les cheveux, calme le stress.



Basilic

favorise la clarté mentale et la concentration, aide à la digestion analgésique, soulage l'anxiété.



Géranium

soin de la peau, dermatites, lutte contre l'anxiété et le stress, améliore l'équilibre hormonal.



Encens

améliore l'humeur, renforce les défenses immunitaires, soin des voies respiratoires, des maux et douleurs, soins de la peau.



Lavande

relaxation, aide au sommeil, antidépresseur, aide à la digestion, soins de la peau.



Neroli

aide à mieux dormir, lutte contre la dépression et l'anxiété, soin des problèmes de peau tels que les vergetures.



Rose

soin de la peau, réduction des cicatrices, aphrodisiaque, améliore l'humeur, prévient le vieillissement cutané.



Marjolaine

soulage les maux et douleurs, l'arthrite, aide respiratoire, améliore la digestion, soulage les maux de tête et la fatigue.



Racine de gingembre

stimule la circulation du sang, aide à la digestion pour les problèmes de nausées, de flatulences, de nausées matinales.

CONSULTEZ UN AVIS MÉDICAL AVANT
D'UTILISER DES HUILES ESSENTIELLES
CHEZ UN ENFANT OU UNE FEMME ENCEINTE



Les Huiles Essentielles Et Leurs Bienfaits Deacuteveloppement Personnel

Pierre Vican



Les Huiles Essentielles Et Leurs Bienfaits Deacutveloppement Personnel:

Les huiles essentielles et leurs bienfaits Pierre Vican, 2009-06-03 L huile essentielle est l ar me pur contenu dans la plante obtenu par distillation Les vertus m dicinales bien connues des substances aromatiques la fois antiseptiques bact ricides et antivirales en font des l ments de choix dans la pr vention et le traitement des affections organiques des troubles de l humeur et dans l assainissement de l environnement Ce guide pr sente des recettes originales pour retrouver dynamisme et s r nit mieux dormir am liorer la beaut de la peau des cheveux et ongles garder des jambes l g res renforcer son immunit soigner les troubles digestifs les allergies les troubles du sommeil et ceux de la m nopause 50 fiches descriptives d taillent les propri t s th rapeutiques sp cifiques des principales huiles essentielles L utilisation des huiles essentielles requiert certaines pr cautions et suit des r gles d usage strictes Les huiles utilis es doivent en effet tre de qualit irr prochable Des indications claires apprennent se rep rer parmi les diff rents produits et certifications pr sents sur le march *Les huiles essentielles* Dominique Van Der Kaa, 2017-08-09 D couvrez tous nos conseils et astuces pour vous sentir mieux gr ce aux huiles essentielles De tout temps les Hommes se sont servis des plantes pour se soigner se parfumer ou tout simplement se faire du bien Aujourd hui encore les huiles essentielles peuvent s av rer tr s utiles quand on sait correctement les utiliser Qu est ce qu une huile essentielle Quels sont ses bienfaits Comment s en servir en toute s curit Ce livre vous donnera des informations et des solutions pour mieux comprendre ce qu est une huile essentielle et son histoire conna tre ses bienfaits apprendre les utiliser s en pr munir au mieux et bien plus encore Le mot de l diteur Dans ce petit livre de la collection 50MINUTES Sant Bien tre Dominique van der Kaa nous apporte des conseils concrets pour apprendre utiliser les huiles essentielles et am liorer notre confort de vie Faisant le tour de la question le livret nous invite faire le point sur ce qu est une huile essentielle sur les maux du quotidien qu elle peut soigner ainsi que sur ses pr cautions d emploi Ainsi vous aurez toutes les cartes en main pour utiliser au mieux ce que la nature nous offre Laure Delacroix PROPOS DE LA COLLECTION 50MINUTES Sant Bien tre L ambition de la collection 50MINUTES Sant Bien tre est de proposer aux lecteurs des m thodes des pistes et des conseils faciles appliquer au quotidien pour aller vers un mieux tre Nos livres s adressent ainsi toute personne d sirant mieux g rer sa vie personnelle et mieux appr hender les difficult s et obstacles qui peuvent se pr senter elle **La bible de l'aroma-thérapie** Nerys Purchon, 2019-08-28 **Mes huiles essentielles** Laurence Bec, 2013-11-21 Issues des plantes les huiles essentielles poss dent de nombreuses vertus Apprenez manier leurs bienfaits et composez votre petite pharmacie d aromath rapie Gr ce des fiches claires d couvrez 30 huiles essentielles majeures avoir chez soi et pr s de 150 rem des faciles r aliser et efficaces contre les maux courants De l armoire de toilette au tiroir de la cuisine gardez toujours port e de main ce m mento pratique et malin Aromatologue Laurence Bec dirige l Institut Fran ais d Aromath rapie IFA Mes huiles essentielles Sophie Macheteau, Françoise Rapp, 2013-10-24 Profitez toute l ann e des bienfaits des huiles essentielles gr ce 200 recettes rapides faciles et efficaces Pour chaque saison d couvrez les 5 huiles essentielles incontournables utiliser et d

cliner pour votre sant votre bien tre votre beaut ou en cuisine Apprenez fabriquer un sirop anti toux une boisson d tox cr ez votre cr me de beaut aromatique ou un gel douche anti courbatures r alisez des parfums la fragrance unique des bougies d ambiance ou encore une huile de massage scintillante En cuisine parfumez d licatement vos soupes vinaigrettes desserts gourmandises et m me votre th Les auteurs reconnues pour leur expertise en aromath rapie et en cosm tique ont s lectionn pour vous le meilleur des huiles essentielles et hydrolats adapt s chaque saison Elles vous conseillent pour choisir les outils les bons produits et vous d voient leurs recettes originales et in dites Le meilleur des huiles essentielles en toute saison sans encombrer vos placards et sans vous ruiner c est facile gr ce Mes huiles essentielles **Les huiles essentielles dans le quotidien d'un élève** Sophie Ward,2020 **Guide pratique d'aromathérapie** Jean-Louis Abrassart,2000 Dans cet ouvrage enti rement en couleur Jean Louis Abrassart d finit les huiles essentielles leurs qualit s et leurs propri t s L auteur vous donne leurs indications th rapeutiques vous enseigne les frictions massages et soins du corps Un chapitre est consacr l inhalation et la diffusion des huiles essentielles ainsi qu au pouvoir des parfums et leurs propri t s psychiques Les principales huiles essentielles sont tudi es en d tail Magnifiquement illustr cet ouvrage est indispensable tous les th rapeutes comme toute personne d sirant utiliser les huiles essentielles Bienfaits des huiles essentielles en 60 recettes maison Nathalie Semenuik,2009-04-21

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