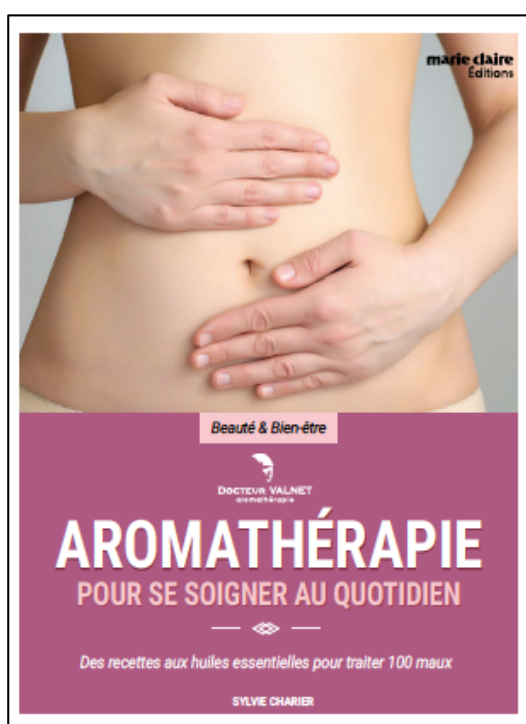




Aromatherapy: Take care of yourself every day

September 2015



❑ Specs:

- Series: Beauty & Well-Being
- Date of issue: September 11th 2015
- RPP: 12,90 €
- Pages: 128
- 144 x 195 mm
- PB with flaps
- ISBN : 978-2-84831-882-0

❑ Synopsis:

Learn how to heal all the little problems of everyday life thanks to essential oils! Asthma, stress, dental abscess, insomnia, acne, throat infections, cellulite, hair loss, etc., learn how to heal all the little problems of everyday life thanks to essential oils! Learn how to heal yourself, but also how to prevent these problems following the seasons and your activities.

❑ What is there to learn?

Discover the secrets of aromatherapy, the aim of essential oils, and answers to many questions you asked yourself without finding an answer.

This title contains a detailed list of essential oils to use.

❑ The Author:

Sylvie Charier is specialised in well-being, and more particularly in essential oils. She is one of the authors of *Les huiles essentielles anti-stress* (Éd. Marie Claire, 2014), *Bien gérer son stress au naturel* (Éd. Marie Claire, 2013) and *Beauté et bien-être par les plantes* (Éd. Marie Claire, 2012).