



Fabriquez vos propres huiles essentielles (French Edition)

Amber Richards

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Découvrez les nombreux bienfaits que les huiles essentielles peuvent vous apporter à vous et à votre famille. En utilisant les plantes et les herbes que vous avez à votre disposition, vous économiserez de l'argent et vous vous assurerez que vos huiles sont fraîches. Découvrez dès maintenant des recettes et des mélanges uniques qui vous permettront de venir à bout d'une variété de problèmes de santé de façon naturelle.

Les huiles essentielles, huiles volatiles ou huiles éthérées, sont des liquides concentrés qui contiennent une combinaison de précieuses substances végétales pour de nombreux usages. Vous en apprendrez plus sur eux. Ils peuvent être utilisés pour la fabrication de parfums, savons, produits cosmétiques, etc.

Ces huiles ont aussi leur place en médecine. Les huiles essentielles ont toujours eu un rôle très important à jouer dans le traitement des affections suivantes :

Rhume et fièvre
Arthrite
Insomnie
Système immunitaire affaibli
Bronchite
Acné
Coupures et égratignures mineures
Grosse fatigue
Problèmes digestifs
Tension artérielle élevée, etc.

Dans ce livre vous seront révélés des méthodes faciles pour fabriquer vos propres huiles essentielles à partir de plantes et d'herbes. Vous découvrirez aussi de nombreuses recettes pour vous débarrasser de ces problèmes de santé, et plusieurs autres applications.

Ce guide vous donne l'histoire générale des huiles essentielles et vous explique comment les distiller et les combiner pour différentes situations. Préparez-vous à voir votre état de santé s'améliorer et votre énergie augmenter grâce à l'utilisation des huiles essentielles.

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