



Adoptez La Slow Cosmeacutetique

Julien Kaibeck



Adoptez La Slow Cosmeacutetique:

Adoptez la slow cosmétique Julien Kaibeck, 2017-02-07 Cr mes de jour de nuit soins antirides miracle shampoings aux mille vertus gels douche relaxants Avons nous vraiment besoin de tous ces produits On sait d j qu ils co tent cher notre portefeuille et la plan te Ne devrait on pas les consommer avec plus de discernement La solution La Slow Cosm tique Le principe on revient l essentiel on choisit mieux ses produits ou on les fait soi m me D couvrez dans ce livre enti rement remis jour Un point clair sur les cosm tiques conventionnels comment d coder les tiquettes et chapper aux abus du marketing Ce qu apporte la Slow Cosm tique une attitude conomique et cologique pour consommer la beaut autrement et prendre soin de nous plus simplement Des fiches pratiques pour se mettre la slow en toute simplicit ET LES INEDITS Des astuces et de nouvelles recettes de cosm tiques faciles un point complet sur les cosm tiques Vegan des conseils sp cial b b s le point sur les perturbateurs endocriniens dans les cr mes mais aussi les parfums

Adoptez la slow cosmétique Julien Kaibeck, 2012-04-11 Consommer la beaut autrement avec des produits simples et plus respectueux de l environnement Cr mes de jour de nuit soins antirides miracles shampoings aux mille vertus gels douche relaxants Avons nous vraiment besoin de tous ces produits On sait d j qu ils co tent cher notre portefeuille et la plan te mais notre corps n aimerait il pas aussi se passer de tous ces stabilisants colorants conservateurs etc La solution La slow cosm tique Le principe on revient l essentiel et on privil gie le fait maison On d couvrira dans ce livre Un point clair et synth tique sur les cosm tiques conventionnels pourquoi n avons nous pas besoin d eux Quels sont les besoins r els de notre peau Ce qu apporte la slow cosm tique cette attitude conomique et cologique implique un meilleur soin de la peau et c est un mouvement qui prend de l ampleur slow food slow life Un guide p dagogique et progressif pour prendre enfin les bonnes habitudes avec des fiches pratiques pour savoir ce qui est slow et ce qui ne l est pas Des astuces toutes simples et des recettes de cosm tiques faciles 100 % naturels et efficaces nettoyer hydrater soigner maquiller on peut tout faire soi m me

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