

Dr Nadine Pomarède - Catherine Moreau

mon cahier beautyfood

La beauté,
c'est aussi
dans l'assiette !



MARABOUT

Mon Cahier Beautyfood Nadine Pomar De

Nadine Pomarède, Catherine Moreau



Mon Cahier Beautyfood Nadine Pomar De:

Mon cahier Beautyfood Nadine Pomarède, Catherine Moreau, 2015-09-02 Et si des recettes de cuisine toutes simples pouvaient nous rendre encore plus belles Et bien oui Tout cela est possible La beauté de notre peau vient en grande partie de notre alimentation Et pour éviter de ressembler à un crapaud tout ridé faites les bons choix alimentaires Il n'y a pas que le masque de rondelles de concombres le shampoing aux oeufs ou les sachets de thé pour faire dégonfler les paupières En privilégiant certains ingrédients dans notre alimentation on peut prévenir voire régler certains problèmes cutanés Acne cellulite rougeurs rides coups de soleil ou coup de froid beauté des cheveux et des ongles teint brouille Illustrations Delphine Soucail

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