

# Descargar libros Belleza natural gratis (PDF | ePub | Mobi) Victoria Moradell DG Media



La forma en la que gestionamos nuestro día a día, cómo nos movemos, nos alimentamos y nos relacionamos se refleja directamente en nuestra fachada exterior: la piel. Por ello es muy importante saber leer las señales que nos envía, no solo para entender sus propias necesidades, sino también todo lo que necesita nuestro cuerpo y nuestra mente.

En este libro, Victoria Moradell, profesora de cosmética natural, te mostrará las **propiedades de las plantas** más comunes y cómo estas pueden ayudarte a potenciar tu belleza. Te enseñará cómo recolectarlas, conservarlas y utilizarlas para que, interpretando las señales que recibes a través de la piel, puedas nutrirla de forma totalmente natural con aquello que verdaderamente necesita. Además, te dará sencillas **recetas** paso a paso para que aprendas a realizar cosméticos con tus propias manos.

<b>Title</b>	:	Belleza natural
<b>Author</b>	:	Victoria Moradell
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