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Anne Cosse. Paperback. Book Condition: New. Paperback. 40 pages. Dimensions: 9.4in. x 7.2in. x 0.2in. Votre front saffaisse et se ride Vos paupieres se relchent petit petit Vos poches sous les yeux ne se rsorbent pas Vos cernes sassombrissent et sinstallent Les rides se multiplient, vos pattes doie se creusent Donnez un coup dclat votre regard avec ces exercices faciles de massage facial bas sur lacupression. Avec ce livre, dcouvrez et apprenez tous les points de la Rflexologie pour les Yeux et le Front: Le Programme Complet pour raffermir et rajeunir tout le haut du visage: 6 exercices faciles pour retendre le front, raffermir les paupieres, liminer poches et cernes, lisser les pattes doie et ridules, retarder la formation de la ride du Lion, lutter contre la fatigue oculaire, dcongestionner les sinus. Les Astuces 2-en-1: Intgrez le massage facial votre rituel de soin du visage habituel pour raffermir et rajeunir la zone de vos yeux, sans allonger votre routine et sans crme supplmentaire! Des Recettes maison de Soin pour les Yeux: Dcouvrez des recettes accessibles pour concocter vous-mme srum et masque pour les yeux dune efficacit redoutable. Et grce aux effets de lacupression, amliorez votre bien-tre gnral! Anne Coss est Praticienne Certifie dAcupression, diplme de lEtat de Californie. Elle est forme au Shiatsu traditionnel, au Zen Shiatsu, au Jin Shin Do, la Rflexologie Plantaire, au Touch for Health, et au Reiki. Elle est galement diplme du MBA HEC et de lEcole Polytechnique Fminine, et a t cadre en Europe, en Asie, et aux Etats-Unis. Anne est expert auprs de YourTango. com et SelfGrowth. com et a t interviewe par de nombreux mdias en Europe et en Asie. Articles, conseils et vidos sur: www. annecosse. com www. zenattitudewellness. com This item ships from multiple locations. Your book may arrive from Roseburg, OR, La...



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