



## Mon Massage Facial Anti-Age Par L'Acupression: Raffermer Et Rajeunir En 10 Minutes Par Jour

By Anne Coss

Anne Cosse. Paperback. Book Condition: New. Paperback. 66 pages. 2me dition: la Mthode Complte, 60 pages dexercices, instructions, illustrations et explications. Matrisez le pouvoir de lacupression pour rajeunir et raffermir votre visage, et amliorer en mme temps votre bien-tre gnral!Apprenez des exercices rapides et faciles pour raffermir les muscles du visage, rduire les ridules, et amliorer lclat de votre teint. Dcouvrez: le Programme Complet Rajeunissement du Visage: les 10 exercices quotidiens la Formule Express Coup dEclat: 2 minutes pour dfatiguer et rayonner Le Programme Complet pour le haut du Visage: 6 exercices pour lisser le front et rajeunir le regard Les points dAcupression contre lacn, pour une peau saine et un teint clatant Les exercices pour lutter contre le mal de tte Les Astuces 2-en-1: Profitez de votre routine de soin habituelle. Des recettes faciles de soins anti-ge pour le visage faire soi-mmeTout ce dont vous avez besoin est ce guide, et. . . vos mains!Anne Coss est Praticienne Certifie dAcupression (USA , France). 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...



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