



Orahe, ma méthode anti-age (French Edition)

Estelle Lefebure

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C'est au carrefour de la médecine chinoise, de la naturopathie et du bon sens que j'ai envie de vous emmener. Un voyage épanouissant et responsable, au rythme des saisons, pour apprendre à respecter son corps comme la planète. Un mode de vie accessible à tous pour profiter du temps qui passe avec sérénité." Pour chaque saison, Estelle Lefébure propose : Des recettes simples et gourmandes, dont certaines préparées avec de grands chefs. Des conseils bien-être et des focus santé mis au point avec un naturopathe. Des exercices de sport illustrés et élaborés avec une coach professionnelle. Des coups de coeur et des astuces beauté pour mieux partager l'univers d'Estelle.

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