



Aliviar el estrés con aceites esenciales (MANUALES INTEGRAL) (Spanish Edition)

Antonia Jover

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Soluciones fáciles para tu bienestar

Este libro es una invitación para emprender un viaje de retorno al equilibrio y a la vida con la ayuda de los aceites esenciales, unos aromáticos e idóneos ayudantes cuyos efectos terapéuticos asombran incluso a los más escépticos. La Naturaleza nos regala estas potentísimas sustancias capaces de transformarnos en profundidad física, mental y emocionalmente.

Los efectos negativos del estrés son fuente de mucho sufrimiento. Una persona que vive con mucho estrés pierde la salud y la capacidad de ser feliz y, con ello, calidad de vida.

Descubre qué es el estrés y cómo los aceites esenciales te ayudan a reducir o a eliminar sus efectos negativos (irritabilidad, desánimo, insomnio, ansiedad, depresión, trastornos digestivos, agotamiento, etc.). Aprenderás a identificar los aceites esenciales que mejor resuelven las situaciones de estrés. Muchas veces será tan sencillo como inhalarlos para disfrutar de sus propiedades terapéuticas, otras veces los beneficios se harán notar al aplicarlos en la piel o, en ciertos casos, ingiriéndolos.

Antonia Jover

Aromatóloga, Coach de Vida y Terapeuta Floral. Desde 2009 comparte su pasión por los aceites esenciales organizando e impartiendo talleres y cursos de aromaterapia familiar según la Escuela Francesa en Francia y en España. También comparte sus conocimientos, descubrimientos y experiencias a través de su blog.

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