



Mes tisanes bien-être (Bien-être au naturel) (French Edition)

Pierrette Nardo

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Alliez le plaisir de la dégustation et la recherche du bien-être !

Les tisanes présentent de nombreux atouts pour les femmes d'aujourd'hui : 100 % naturelles, à 0 calorie, elles offrent des saveurs variées, en plus de leur action sur le bien-être et la beauté.

Dans cet ouvrage, vous trouverez plus de 80 tisanes bien-être, destinées à tous les usages : améliorer la digestion, le sommeil ou la libido, lutter contre le vieillissement ou la fatigue...

Pour votre plaisir et celui de vos invités, n'hésitez pas à multiplier les saveurs : chaudes ou froides, exotiques, douces et fleuries, aux aromatiques, aux agrumes et aux épices ou encore, plus originales, salées !

Au sommaire :

- Introduction
- Après un bon repas
- Bonne nuit, les petits et les grands !
- Bien-être du couple
- Rhumes et maux de l'hiver
- Petites misères du temps qui passe
- Un peu de fatigue ?
- Les composées
- Les exotiques
- Les fleuries
- Agrumes et épices
- Les fruitées
- Les salées
- Soins des plantes
- Bibliographie

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