

Tratamiento Capilar

Todo sobre tu pelo y tu pielCabello largo en 30 diasDesarrollo de una línea nueva de tratamiento capilar, para aumentar la protección, reparación, brillo e hidratación Helena Rodero Ana Maria Paternina Lilian Novoa Monsálvez

Todo sobre tu pelo y tu piel Cabello largo en 30 dias Desarrollo de una línea nueva de tratamiento capilar, para aumentar la protección, reparación, brillo e hidratación *Helena Rodero Ana Maria Paternina Lilian Novoa Monsálvez*

todos los consejos que necesitas para conocerte a fondo y aprender qué necesitas para cuidarte qué hace que el pelo se caiga más o menos por qué no me crece con qué frecuencia hay que lavarlo cómo debo elegir el champú realmente existen los tipos de piel funcionan las cremas milagro para quitar arrugas qué necesito para mi rutina de skincare a menudo el exceso de información a nuestro alrededor nos genera más problemas de los que nos soluciona pero por suerte la experta en el cuidado de la piel y el cabello helena rodero acude al rescate con la guía definitiva para conocerte a fondo y entender qué necesitas de verdad para cuidar tu pelo y tu piel y sacarte el máximo partido olvídate de las rutinas de cien pasos y de gastar una fortuna en productos que no sabes si funcionarán con este libro podrás resolver todas tus dudas aprenderás a interpretar las etiquetas para desenmascarar las grandes mentiras y engaños del marketing cosmético y descubrirás el paso a paso para crear tu propia rutina de belleza reseñas el autocuidado es fundamental para nuestro bienestar físico y mental y no me imagino una mejor guía para hacerlo de forma adecuada que un libro de helena rodero elizabeth clapés psicóloga un libro para tener en la mesilla de noche o mejor en el cajón de las cremas del baño y así consultarlo a menudo para resolver dudas sobre el cuidado de la piel y el cabello dra cristina eguren dermatóloga el libro imprescindible para aquellas personas que no solo se preocupan por el cuidado de su piel y su cabello sino que se ocupan de ello dra cristina martínez psicóloga un libro que no debes perderte repleto de valioso conocimiento y muchos trucos dra claudia bernárdez dermatóloga tricóloga la reina de las redes sociales en lo que a su profesión toca yo dona

tener el cabello más largo es el sueño de muchas mujeres hay algunas que tienen la genética de su lado y para ellas resulta fácil lograr un cabello largo en menos tiempo y sin tantos cuidados pero para la mayoría de mujeres esto no es así para lograr nuestra meta de tener un cabello más largo necesitaremos una estrategia todas las preparaciones de este libro están basadas en ciencia y han sido cuidadosamente elegidas para que la lleven a su objetivo todas han sido probadas en varios estudios y ensayos clínicos muchas de ellas de fecha bastante reciente si es constante guarda su alimentación su salud física y mental conseguirá los resultados que busca y estará satisfecha de haber seguido las sugerencias de este material ana maría paternina

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