



Zero Cellulite (Italian Edition)

Efigenia Cabrera

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ZERO CELLULITE è composta da tre fattori che sono imprescindibili per migliorare e conservare la salute e la bellezza, allo stesso tempo prolungare la giovinezza. In sintesi, rappresenta la chiave di quello che cerchiamo instancabilmente noi donne. La somma di questi fattori costituiscono “il motore” della salute e della bellezza:

ALIMENTAZIONE CORRETTA

Energia adeguata

Nutrienti in equilibrio (quantità e qualità giusta, vari, ed adeguati).

Si raggiunge e si mantiene il peso salutare stabile.

ATTIVITA' FISICA

Spesa energetica (calorie).

Tonicità e rinvigorimento dei muscoli.

Miglioramento dell'ossigenazione dei tessuti e circolazione sanguinea e linfatica.

MASSAGGIO ANTICELLULITE

Eliminazione di eccesso di liquidi.

Regolazione della circolazione linfatica e sanguigna.

Riduzione e/o eliminazione dei noduli o protuberanze di grasso.

Tonicità della pelle.

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