



JEAN-LOUIS
POIROUX

HAPPINESS WITHIN THE SKIN

The Secrets
of Holistic Beauty
from
CINQ MONDES
Spas



Jean-Louis Poiroux

Happiness Within the Skin: The Secrets of Holistic Beauty from Cinq Mondes Spas



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Exploring age-aged beauty and well-being traditions as well as the most recent scientific findings on epidermis cells, this book—and a sense of external and inner happiness, down to our very cells— Jean-Louis Poiroux, founder of Cinq Mondes Spas, describes the way the delicate interactions between body, mind, and pores and skin can create circumstances of perfect equilibrium—may be the consequence of 15 years of research and encounter.and the merchandise and remedies it recommends—or circumstances of imbalance, caused by unsuitable foods, stress, and cosmetics containing industrial byproducts and other chemicals. Drawing on the ancient teachings of Ayurveda and incorporating yoga exercises, breathing exercises, and meditation and also the natural substances and micronutrients found in raw foods, super fruits, and vegetable very oils, he teaches you how to be happier, both inside and out.



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