

LYUDMILA ANANIEVA



ΑΙΘΈΡΙΑ ΈΛΑΙΑ

• για την Υγεία και την Ομορφιά σας •

Lyudmila Ananieva
Αιθέρια Έλαια Για Την
Υγεία Και Την Ομορφιά Σας

Αιθέρια Έλαια Για Την Υγεία Και Την Ομορφιά Σας:
ISBN 978-8-87-304148-1

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$\hat{I}\#\hat{I}^1\hat{I}, \hat{I}\hat{I}\#\hat{I}^1\hat{I}\pm \hat{I}\#\hat{I}\gg\hat{I}\pm\hat{I}^1\hat{I}\pm$
 $\hat{I}^3\hat{I}^1\hat{I}\pm \hat{I}\#\hat{I}\cdot\hat{I}^{1/2} \hat{I}\forall\hat{I}^3\hat{I}\mu\hat{I}^-\hat{I}\pm \hat{I}^\circ\hat{I}\pm\hat{I}^1$
 $\hat{I}\#\hat{I}\cdot\hat{I}^{1/2} \hat{I}\#\hat{I}^{1/4}\hat{I}; \hat{I}\#\hat{I}\#\hat{I}^1\hat{I}\neg \hat{I}\#\hat{I}\pm\hat{I}\#$
 $\hat{I}\#\hat{I}\hat{I}\#\hat{I}; \hat{I}\# 1$

$\hat{I}\#\hat{I}\#\hat{I}\pm\hat{I}^{1/4}\hat{I}^{1/4}\hat{I}^{1/2}\hat{I}; \hat{I}\pm\hat{I}\#\hat{I}\#$

$\hat{I}\#\hat{I}^1\hat{I}; \hat{I}$

$\hat{I}^{1/4}\hat{I}^{1/4}\hat{I}^-\hat{I}\gg\hat{I}\pm \hat{I}\#\hat{I}^{1/2}\hat{I}\pm\hat{I}^3\hat{I}^1\hat{I}\mu^2\hat{I}\pm$

$\hat{I}\#\hat{I}\mu\hat{I}\#\hat{I}\pm\hat{I}\#\hat{I}\#\hat{I}^-\hat{I}\#\hat{I}\#\hat{I}\cdot$

$\hat{I}\#\hat{I}, \hat{I}\cdot\hat{I}^{1/2}\hat{I}\neg \hat{I} \hat{I}; \hat{I}\gg\hat{I}\#\hat{I}\mu\hat{I}; \hat{I}$

Copyright

Î Î½Îµİ

Î¼Î±İ#Î¹Î°İ® Î¹Î¹Î¹Î¼Î°İ#İ#Î¹Î± Â© 2017 Î#Î¹Î¼Î¼İ

Î¼Î¼Î¼Î¹Î»Î± Î#Î¹Î½Î±Î³Î¹Î¼Î²Î±

Î#Î»Î± İ#Î± Î¹Î¹Î°İ±Î¹İ#Î¼Î±İ±İ#Î± Î¹Î¹Î±İ#İ#İ¼İ#Î½İ#Î±Î¹.

Î#İ

İ#İ# İ#İ¼ Î·Î»Î¼İ°İ#İ#İ¼Î½Î¹Î°İ# Î²Î¹Î²Î»Î¹Î¼ İİ#İµİ¹ Î¬Î¼İ¹Î± Î³Î¹Î± İ#İ#İ¼İ#İ#Î¹Î°İ® İ#Î±İ# Î±İ#İ#Î»Î»Î±İ

İ#İ· Î¼İ#Î½Î¼İ· Î#İ

İ#İ# İ#İ¼ Î·Î»Î¼İ°İ#İ#İ¼Î½Î¹Î°İ# Î²Î¹Î²Î»Î¹Î¼ Î¼İ#İ¼İ#İµİ¬ Î½Î± Î¼Î¼Î·Î½ İ#İ#Î»Î¼İ¬İ#Î±Î¹ İ® Î½Î± İ#Î±İ#Î±Î¹Î¹Î¼İ#Î±Î¹ Î¼Î¼İ±İ°İ#Î¹Î¬ İ#İµ Î¬Î»Î»Î¼İ

İ# Î±İ½Î¼ İ#İ#İ#İ¼İ

İ#· Î#Î½ Î¼İ»Î¼İ#İµ Î½Î± Î¼Î¼İ¹İ#İ±İ#İ#İµİ¬İ#İµ Î±İ

İ#İ# İ#İ¼ Î·Î»Î¼İ°İ#İ#İ¼Î½Î¹Î°İ# Î²Î¹Î²Î»Î¹Î¼ Î¼Î¼İ Î¬Î»Î»Î¼ Î¬İ#İ¼İ¼İ¼, İ#Î±İ#Î±İ°İ±Î»İ# Î±İ³Î¼İ#İ¬İ#İ#İµ Î½Î± Î¼İ#Î¹İ#Î»Î»İ¼Î½ Î±İ½İ#Î¹Î³İ#İ±İ#İ¼ Î³Î¹Î± İ°İ¬İµ Î¬İ#İ¼İ¼İ¼ Î¼İ¼İ#İ¼ Î¼İ¼İ¼ Î¼İ#İ¼Î¹Î¼İ#İ#İµ Î¼İ¼ Î¼Î¼İ¹Î¼İ#İµ Î±İ

İ#İ# İ#İ¼ Î·Î»Î¼İ°İ#İ#İ¼Î½Î¹Î°İ# Î²Î¹Î²Î»Î¹Î¼ İ°İ±Î¹ Î¼İµİ½ İ#İ¼ Î±İ³Î¼İ#İ¬İ#İ#İµ, İ#Î±İ#Î±İ°İ±Î»İ# Î±İ³Î¼İ#İ¬İ#İ#İµ İ#İ¼ Î¹Î¹Î°İ# İ#İ±İ# Î±İ½İ#Î¹Î³İ#İ±İ#İ¼· İ£İ±İ# İµİ

İ#Î±İ#Î¹İ#İ# İ³Î¹Î± İ#İ¼ İ#İµÎ²Î±İ#Î¼İ# İ#İ·İ# İ#İ°İ»Î·İ#İ®İ# Î¼İ

Î»ÎµÎ±Î±Î± Î±Î±
Î±Î±Î± Î±Î± Î±Î±Î±
Î±Î±
Î±³Î±Î±Î±Î±Î±.

î î-î½î±î°î±î#
ï#îµï#î¹îµï#î¿î¼îî½ï#î½

î#î¾ï#ï#ï

î»î»î¿

î∞î-ï#î»î¿ï# ï#îµî»î-î±î#

î î½îµï

î¼î±î#î¹î°î® î¹î¹î¿î°î#î·ï#î-î±

î#îµî½î¹î°î¬ î#î±î#î±î°î#î·î#î¹î#î#î¹î°î¬

î î#î¿î∞î#î#î#î#î#

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î î#î¿î#î#î#î#î#î∞î#

î#î#î#î#î#î#

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î#î#î¿î#î#î#

î#î#î¿î#î³î îî¿î#î¥î∞

î#î#î#î£î#î#î#

YLANG-YLANG

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î#î#î#î¿î#î£

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Î#ÎµÎ¼¼Ä#Î½Î¹

Î#Î±Î½Î¼Ï#Î±Ï#Î±Î½Î¼Î¹

Î#Î½Î¼Ï#Î±

Î#Î±»Î±Ï#Î¼

Î Î#Î#Î#Î#Î¼;Î#Î#Î#

Î#Î#Î#Î±Î¼;Î#Î#Î#Î#Î#Î#

Î£Î#Î#Î±Î#Î#Î#Î#Î¥Î#Î#

Î±Î#Î±Î#Î#Î#Î#Î±Î¼;Î#

ÎÎ#Î£Î#Î#Î#Î#Î#Î#

Î#Î¥Î#Î#Î#Î#Î¥Î Î±Î#Î£

Î#Ï

Ï#Î±Ï#Î±¹Ï#Ï#Ï#

Î#ÎµÎ¼½Î¹Î°Î¬ Ï#Î±Ï#Î±±Î°Ï#Î·Ï#Ï#Î±¹Î°Î¬

Î±Î± Î±Î±Î¹ Î¼ Î¼#Î¹¹± Î¼»Î±±Î¹± ÎµÎ¼Î±Î½Î¼±Î¹ Îµµ

Ï#Î±¹Ï#Ï#, Ï#Ï#Î¹¹ Î±Ï#Î±»Ï#Ï# Îµµ

Îµµ#Î±³Îµµ#Î¹¹°Ï#Ï# Î±³Î¹¹± Ï#Î·. Î±¹Î±¬Î¼ Îµµ#Î·. Î°Î±±Î¹¹ Ï#Î·Î½ Ï

Î³ÎµÎ¼Î±±, Î±Ï#»Ï#Î±¬ Î°Î±±Î¹¹ Î¼¼Îµ Î¼¼Î¼ Î½Î¼±Î±¹¹°Ï#Ï# Î¹¹±Ï#Ï#Î¹¹°Ï#Ï#

Î¹¹¹¹Ï#Ï#Î·Ï#Îµµ# Î¼Î¹¹ Î¼Ï#Î¼Î¼Î±Îµµ# Î±Ï

Î³¼Î±¬Î½Î¼Î¼Ï

Î½ Ï#Î·Î½ Î±Ï#Î½Ï#Î±Ï#Ï#Î±Ï#Î±Ï#Î·. Ï#Î¼Î¼

Î¼Ï#Î±³Î±±Î½Î¼Î¹Ï#Î¼¼Î¼Ï# Ï#Îµµ Î±Ï

Ï#Î¼¼ÎµÎ½Î¼Î±Î±Ï# Ï#Î±Ï#Î±Ï#Î±³Î¼ Î½Î¼Ï#Îµµ# Ï#Î¼Î¼

Îµµ³¼Ï#Ï#Îµµ#Î¹¹°Î¼Ï# Ï#Îµµ#Î±¹Î²Î±¬Ï#»Ï#Î¼Î½Î¼Ï#Î¼, Ï#Ï#Ï#Ï#

Î¹Î¼ Î½Î¼Ï#Î±Î¼Î¼Ï

Ï#Î± Î±±Î°Ï#Î±¹Î½Î¼Î¼Î¼Î¼Ï#Î¼Ï#Î¼Ï#Î¼»Î±¬Î±±, Î³¼ÎµÎ½Î¼Î¼Î¼Î²Î¹Î¼Ï#Ï#Î¹¹°Î¬, Î°Î°

±Ï#Î°Î¹¹Î½Î¼Î¼Î³Ï#Î½Î¼Îµµ# Î¼Ï

î#î-îµî#, îµî½î# îîî#î¿îî

î»î-îîî#î¿î

î½ î±îîî# î±îîî, î½îµî¹îµî#, î²îµî»îî¹îîîî¿î¿î¿î¿î½ îî¿î ±îîî¹î¿î îîµî#î¹î²î-î»î»î¿îî½ î°î±î¹ î±î

î¾î-î½î¿î

î½ îî·î½ î±î½îîî-îîîî±îî· îµî½îîî# î¿îî³î±î½î¹îî¼î¿îî# îîµ îî

îî¼îµî½îµî-îî î¿î¹î°î¿î»î¿î³î¹î°î¿îîîî îî±îîî-î³î¿îî½îîµî#, î°î»îî#.

î±î± î±î¹î, îîî¹î± îî»î±î¹î± â## îµî-î½î±î¹ îî¿î»îî# îîî
î¼îî#

î°î½îîî¼îî½îµî# î¿î

îî-îµî#. îîî#î¿î¼îî½îîî#, îîî·î½ î±î³î½î® î¼î¿îîîî® îî¿îî
î# îµî-î½î±î¹ îîî#îµî¹îî½ î±î¹î½î±î#î¿î½ î½î± îµî#î
±îî¼î¿îî#î¿îî½. îî¾î±î¹îîî#îµî¹î# î±î#î¿îî#îµî»î¿îî½
î¼îî½î¿î îî± îî»î±î¹î± î»îµî²î-î½îî±î# î°î±î¹ îîµî#îî
¹µî½îîî#î¿î

îî»î± îî± î-î»î»î± î±î¹î, îîî¹î± îî»î±î¹î± îî±îîîî# î
¹î±î»î#î¿î½îî±î¹ îîµ î¼î¹î± î³îî®î³î¿îîî. î²î-îîî. î¹î
±î»îî¼î±î#î¿îî# â## îîî

îî¹î°îî îî»î±î¹î¿î (îµî»î¹î-, î±î¼îî#î³î¹î±î»î¿î, î±î²î¿îî°î-î½îî¿î,
îîîîî#î¿î¹ îîî#î±îî

î»î¹î¿îî# î°î»îî#., îî± î¿îî#î¿î-î± îîµî#î¹î»î±î¼î²î-î½î¿îî

î½ îî±îî#î±îµî#î±î¼îî½î. î¹îî-îîî. îîî#î½ î±î¹î, îîî¹îî½
îµî»î±î-îî½ î°î±î, îîî# î±î

î#î¬ îµî¼î±î#î¼îî¶îî¼îî±î¹ î±î#î³î¬ î#î#î¼îî½ î±îî#î±),
î³î¬î»î±, î³î¹î±î¼îî#î#î#î¹, î±î»î°î¼îî#î»î, î#î±î¼îî#î¼îî
î¬î½, î²î¬î»î#î±î¼îî¼î, î°î#îî¼îî±. î#î¬î½î±î¹ îµî#î¬î#î¬ îî
î½î±î#î#î½ î½î± î±î½î±î¼î¹î#î¼îî#î½ î¼îµ î±î»î¬î#î¹.

î©î# î²î±î#î¹î°î#î# îî¹î±î»î#î#î¬î#
î#î#î¬î#î¹î¼îî¼îî#î¼îî#î½î#î±î¹ î³î¬î»î±, î³î¹î±î¼îî#î#î#î¹,
î²î¬î¬î# î±î»î¹î#î±î#î¹î°î#î½ îµî»î±î¬î#î½, îµî½î²î#
î¼îî#î¼îî#î½ îµî#î¬î#î¬ î½î± î#î#î¬î#î¹î¼îî#î¼îî#î¼îî#î½
î¼îî»î¹, î°î#î±î#î¬ î® î²î#î#î°î±.

î±î± î±î¹î îî#î¹î± îî»î±î¹î± îµî½îî¹î±î#î#î¼îî
î½ î¹î¹î±î¬î#îµî#î± î#î¬î½ î°î¼îî#î¼îµî#î¼îî»î¼îî³î¬î±. î#îî#î#
î#î#î½ î#î

î#î¹î°î#î½ îµî»î±î¬î#î½/îµî»î±î¬î#î½ î#î#î¼îî#î#î#î½
î¼îî#î¼îî#î½ î½î± îµî#î¹î»î
î¼îî#î½ îî¹î¬î#î¼îî#î± îîµî#î¼îî±î#î¼îî»î¼îî³î¹î°î¬
î#î#î¼îî²î»î®î¼îî±î#î±. î#î¹ î#îµî#î¹î#î#î#î#îµî#îµî#
î#î¼îî¹î°î¬î»îµî# î¼îµî#î±î#îµî¬îµî# î¼î¼î¼îî#î#î¹î¬î#
î³î¬î½î¼îî½î#î±î¹ î¼îµ î#î. î#î#î®î#î. î±î¹î îî#î¹î#î½ îµî»î
±î¬î#î½, î°î±î, î#î# î±î

î#î¬ îî#î¼îî
î½ î²î±î°î#î¬î#î¹î¼îî°î#î#î½î± îî#î¬î#î. î°î±î¹ îµî#î¬î#îµî¬î¶îî¼îî
î½ î#î¬î½ î°î±î#î¬î#î#î±î#î. î#î¬î# îµî#î¹î¹îµî#î¼îî¬î±î#
î#î#î½ î¼îî±î»î»î¹î#î½ î°î±î¹ î#î#î½ î½îî
î#î¹î#î½.

î# îµî#î¹î¹îµî#î¼îî¬î± î#î#îµî¹î¬î¶îµî#î±î¹
î#îµî#î¹î#î#î#î#îµî#î. îµî½î

ÎĤ-Ĵ#Ĵ#Ĵ#Ĵ. Î°Ĵ±Ĵ¹ ĴĴ#ĴĴ#Ĵ. Î¼Ĵµ Ĵ#ĴĴ Ĵ#ĴĴ#Ĵ±Ĵ#Ĵ¹¼Ĵ± Ĵ#Ĵ#Ĵ¹½
ĴµĴ#Ĵ#Ĵ¹½. Ĵ#Ĵ¹ ĴµĴ#Ĵ-Ĵ#Ĵ-Ĵ# Ĵ#Ĵ#ĴµĴ¹Ĵ-ÎĴĴµĴ#Ĵ±Ĵ¹ Ĵ#Ĵ#ĴĴĴ#Ĵ#Ĵ
±Ĵ#Ĵ-Ĵ± Ĵ±Ĵ#Ĵ# Ĵ#ĴĴĴ¹½ Î®Ĵ»Ĵ¹ĴĴ, Ĵ#ĴĴĴ¹½ Ĵ±Ĵ#Ĵ±, Ĵ#Ĵ-Ĵ¹½
Ĵ#Ĵ±Ĵ³Ĵ#Ĵ¹½Ĵ¹Ĵ-Ĵ. Ĵ#Ĵ-Ĵ¹½Ĵ±Ĵ¹ Î°Ĵ±Ĵ»Ĵ#Ĵ#ĴµĴ#Ĵ± Ĵ¹½Ĵ± Ĵ¼ĴµĴ#Ĵ
±Ĵ²ĴĴĴ#Ĵ¼Ĵµ Ĵ#Ĵ#Ĵ±Ĵ¹Ĵ±Ĵ°Ĵ-Ĵ#Ĵµ Ĵ#Ĵ
Ĵ#Ĵ¹Ĵ°Ĵ-Ĵ±Ĵ¹Ĵ Ĵ#Ĵ¹Ĵ± Ĵ#Ĵ»Ĵ±Ĵ¹Ĵ± Ĵ³Ĵ¹Ĵ± Ĵ#Ĵ-Ĵ¹½ Ĵ#Ĵ#ĴĴĴ¹½Ĵ#Ĵ-Ĵ¹Ĵ±
Ĵ#Ĵ-Ĵ# ĴµĴ#Ĵ¹ĴĴµĴ#Ĵ¹¼Ĵ-Ĵ¹Ĵ±Ĵ# Ĵ°Ĵ±Ĵ¹ Ĵ#ĴĴĴ
Ĵ#Ĵ#Ĵ¹¼Ĵ±Ĵ#ĴĴ#Ĵ, Ĵ#Ĵ± ĴĴĴ#ĴĴĴ-Ĵ± Ĵ#Ĵ±Ĵ
Ĵ#Ĵ#Ĵ#Ĵ#ĴĴĴ¹½Ĵ± ĴµĴ-Ĵ¹½Ĵ±Ĵ¹ Ĵ#Ĵ#Ĵ®Ĵ#Ĵ¹Ĵ¼Ĵ± Ĵ#Ĵ#Ĵ-Ĵ¹½
Ĵ#Ĵ#ĴĴĴ#Ĵ#Ĵ»Ĵ±Ĵ³¼Ĵ. Ĵ±Ĵ#Ĵ# Ĵ¹Ĵ-Ĵ#ĴĴĴ#ĴµĴ#Ĵ Ĵ±Ĵ#Ĵ, Ĵ#Ĵ¹½ĴµĴ¹ĴµĴ#.
Î°Ĵ± Ĵ±Ĵ¹Ĵ Ĵ#Ĵ¹Ĵ± Ĵ#Ĵ»Ĵ±Ĵ¹Ĵ± Ĵ#ĴĴĴ
Ĵ¹½ Ĵ¹Ĵ¹ĴĴ#Ĵ#Ĵ-Ĵ#ĴµĴ#, Ĵ#Ĵ#Ĵ#Ĵ# Ĵ±Ĵ¹½Ĵ#Ĵ¹Ĵ#Ĵ»ĴµĴ³Ĵ¼ĴĴĴ¹½Ĵ#Ĵ-Ĵ, Ĵ
±Ĵ¹½Ĵ#Ĵ¹Ĵ#Ĵ-Ĵ#Ĵ#Ĵ¹Ĵ°Ĵ®, Î°Ĵ±Ĵ Ĵ±Ĵ#Ĵ¹Ĵ#Ĵ#Ĵ¹Ĵ°Ĵ®, ĴµĴ¹½Ĵ
Ĵ¹Ĵ±Ĵ#Ĵ¹Ĵ°Ĵ® Ĵ°Ĵ±Ĵ¹ Ĵ-Ĵ»Ĵ»ĴµĴ#, Ĵ°Ĵ±Ĵ¹
Ĵ#Ĵ#Ĵ-Ĵ#Ĵ¹Ĵ¼ĴĴ#ĴĴĴ¹ĴĴĴ#Ĵ#Ĵ¹½Ĵ#Ĵ±Ĵ¹ ĴµĴ#Ĵ¹Ĵ#Ĵ
Ĵ#Ĵ#Ĵ# Ĵ±Ĵ#Ĵ# Ĵ#Ĵ± Ĵ#Ĵ±Ĵ»Ĵ¹Ĵ-Ĵ#Ĵ#Ĵ#Ĵ¹½Ĵ¹Ĵ± Ĵ#Ĵ#Ĵ-Ĵ¹½
Ĵ°ĴĴ#Ĵ#Ĵ¼ĴµĴ#ĴĴĴ»ĴĴĴ³Ĵ-Ĵ±.
Ĵ#Ĵ¹Ĵ± Ĵ³¼Ĵ-Ĵ#Ĵ® ĴµĴ#Ĵ¹ĴĴµĴ#Ĵ¹¼Ĵ-Ĵ¹Ĵ±
Ĵ#Ĵ#Ĵ-Ĵ#Ĵ¹Ĵ¼ĴĴ#ĴĴĴ¹Ĵ®Ĵ#Ĵ#Ĵµ Ĵ±Ĵ¹Ĵ Ĵ#Ĵ¹Ĵ± Ĵ#Ĵ»Ĵ±Ĵ¹Ĵ±
Ĵ»ĴµĴ²Ĵ-Ĵ¹½Ĵ#Ĵ±Ĵ#, Ĵ³ĴµĴ#Ĵ±Ĵ¹½Ĵ¹ĴĴĴ#Ĵ, Ĵ#Ĵ#Ĵ¹Ĵ±Ĵ¹½Ĵ#Ĵ-Ĵ#Ĵ
Ĵ»Ĵ»ĴĴĴ
, ylang-ylang, Ĵ¼Ĵ-Ĵ#Ĵ±Ĵ ĴĴĴ
, Ĵ¹ĴµĴ¹½Ĵ#Ĵ#ĴĴĴĴ»Ĵ-Ĵ²Ĵ±Ĵ¹½ĴĴĴ
, Ĵ³Ĵ¹Ĵ±Ĵ#ĴµĴ¼ĴĴ¹ĴĴĴ#Ĵ, Ĵ#Ĵ±Ĵ¹½Ĵ#Ĵ±Ĵ»Ĵ#Ĵ³¼Ĵ
Ĵ»ĴĴĴ
Ĵ°Ĵ±Ĵ¹ Ĵ»Ĵ±Ĵ#Ĵ-Ĵ#ĴĴ Ĵ#Ĵµ Ĵ#Ĵ

$\hat{i}\#$, $\hat{i}^3\hat{i}\mu\hat{i}\# \hat{i}^{-\hat{i}/2\hat{i}^1}$, $\hat{i}\gg\hat{i}\mu\hat{i}^{1/4}\hat{i}\# \hat{i}^{1/2\hat{i}^1}$, $\hat{i}\gg\hat{i}\mu\hat{i}^2\hat{i}^{-\hat{i}/2\hat{i}\# \pm}$, ylang-ylang, $\hat{i}^{\circ}\hat{i}$
 $\hat{i}\# \hat{i} \pm \hat{i} \# \hat{i}^{-\hat{i}\# \hat{i}\# \hat{i}^1}$, $\hat{i}^{-\hat{i}\# \hat{i}^{\circ}\hat{i}\mu\hat{i}}$
 $\hat{i}_j \hat{i}_j \#$, $\hat{i}^{\circ}\hat{i}\hat{i}\# \hat{i}_j \hat{i}\#$.
 $\hat{i}\# \hat{i} \pm \hat{i}\# \hat{i}^1 \hat{i}^{\circ} \hat{i}^{-} \hat{i}\hat{i}\gg \hat{i} \pm \hat{i}^1 \hat{i} \pm \hat{i}^3 \hat{i}^1 \hat{i} \pm \hat{i}\gg \hat{i}^1 \hat{i}\# \hat{i} \pm \hat{i}\# \hat{i} \textcircled{R} \hat{i}\mu\hat{i}\# \hat{i}^1 \hat{i}^1 \hat{i}\mu\hat{i}\# \hat{i}^{1/4} \hat{i}^{-\hat{i}^1}$
 \pm : $\hat{i}\gg \hat{i} \pm \hat{i}^1 \hat{i} \pm \hat{i}\# \hat{i}\# \hat{i}\# \hat{i}\# \hat{i}\# \hat{i}^{1/2}$ $\hat{i}\# \hat{i}\# \hat{i} \pm \hat{i}\# \hat{i}$
 $\hat{i}\gg \hat{i}^1 \hat{i}_j \hat{i}\#$, $\hat{i} \pm \hat{i}^{1/4} \hat{i}\# \hat{i}^3 \hat{i}^1 \hat{i} \pm \hat{i}\gg \hat{i}_j$, $\hat{i}\# \hat{i}$
 $\hat{i}\# \hat{i} \textcircled{R} \hat{i}^{1/2} \hat{i}\mu\hat{i}\# \hat{i}^2 \hat{i}\mu\hat{i}\# \hat{i}^{-\hat{i}^{\circ}\hat{i}_j \hat{i}^{\circ}\hat{i}_j \hat{i}}$
 $\hat{i}^{\circ} \hat{i} \pm \hat{i}^1 \hat{i}\# \hat{i}_j \hat{i}^1 \hat{i}^{-\hat{i}^{\circ}\hat{i}^1 \hat{i}^{1/2} \hat{i}_j \hat{i}}$
 $\cdot \hat{i}\# \hat{i}$
 $\hat{i}\# \hat{i}^{-} \hat{i}\# \hat{i} \pm \hat{i}\hat{i}\gg \hat{i} \pm \hat{i}^1 \hat{i} \pm \hat{i}\# \hat{i}\mu \hat{i}\# \hat{i}$
 $\hat{i}^{1/2} \hat{i}^1 \hat{i}$
 $\hat{i} \pm \hat{i}\# \hat{i}^{1/4} \hat{i}\# \hat{i}^{1/4} \hat{i}\mu \hat{i} \pm \hat{i}^1 \hat{i}$, $\hat{i}\hat{i}\# \hat{i}^1 \hat{i} \pm \hat{i}\hat{i}\gg \hat{i} \pm \hat{i}^1 \hat{i} \pm \hat{i}\mu \hat{i}^{3/4} \hat{i}^1 \hat{i}\# \hat{i}_j \hat{i}\# \hat{i}\# \hat{i}_j \hat{i}\# \hat{i}_j \hat{i}\# \hat{i}^{1/2}$
 $\hat{i}\# \hat{i} \cdot \hat{i}\gg \hat{i}^1 \hat{i}\# \hat{i} \pm \hat{i}\# \hat{i}\# \hat{i}\# \hat{i}\# \hat{i}\# \hat{i} \pm \hat{i}\# \hat{i} \cdot \hat{i}\# \hat{i}\# \hat{i}\mu\hat{i}\# \hat{i}^1 \hat{i}^1 \hat{i}\mu\hat{i}\# \hat{i}^{1/4} \hat{i}^{-\hat{i}^1 \hat{i} \pm \hat{i}\#}.$

$\hat{I}\#\hat{I}\pm\hat{I}, \hat{I}; \hat{I}\#\hat{I}-\hat{I}\mathbb{Q}\hat{I}; \hat{I}^{1/2}\hat{I}\#\hat{I}\pm\hat{I}\#$
 $\hat{I}\#\hat{I}; \hat{I}^{1/2} \hat{I}\#\hat{I}\#\hat{I}; \hat{I}\#\hat{I}\cdot\hat{I}\# \hat{I}\mu\hat{I}\#\hat{I}^1\hat{I}$
 $\hat{I}\mu\hat{I}\#\hat{I}^{1/4}\hat{I}-\hat{I} \hat{I}\pm\hat{I}\# \hat{I}\#\hat{I}\pm\hat{I}\#:$

$\hat{I}\#\hat{I}^1 \hat{I}^{\circ}\hat{I}; \hat{I}\#\hat{I}^{1/4}\hat{I}\mu\hat{I}\#\hat{I}; \hat{I}\gg\hat{I}\#\hat{I}^3\hat{I}; \hat{I}^1 \hat{I}^{\circ}\hat{I}\pm\hat{I}, \hat{I}; \hat{I}\#\hat{I}-\hat{I}\mathbb{Q}\hat{I}; \hat{I}$
 $\hat{I}^{1/2} 5 \hat{I}^{\circ}\hat{I}\#\hat{I}\#\hat{I}^1\hat{I}; \hat{I}$
 $\hat{I}\# \hat{I}\#\hat{I}\#\hat{I}; \hat{I}$
 $\hat{I}\# \hat{I}\mu\hat{I}\#\hat{I}^1\hat{I} \hat{I}\mu\hat{I}\#\hat{I}^{1/4}\hat{I}-\hat{I} \hat{I}\pm\hat{I}\#:$ $\hat{I}^{\circ}\hat{I}\pm\hat{I}^{1/2}\hat{I}; \hat{I}^{1/2}\hat{I}^1\hat{I}^{\circ}\hat{I}^{\circ}$, $\hat{I}^{3/4}\hat{I}\cdot\hat{I}\#\hat{I}^{\circ}$, $\hat{I}\gg\hat{I}^1\hat{I}\#$
 $\pm\hat{I}\#\hat{I}^{\circ}$, $\hat{I}^{1/4}\hat{I}^1\hat{I}^{\circ}\hat{I}\#\hat{I}^{\circ}$, $\hat{I}\mu\hat{I}$
 $\hat{I}\pm\hat{I}-\hat{I}\hat{I}, \hat{I}\cdot\hat{I}\# \hat{I}^1\hat{I} \hat{I}\pm\hat{I}\#\hat{I}; \hat{I}\#\hat{I}- \hat{I}^{1/4}\hat{I}\mu\hat{I}\#\hat{I}\pm\hat{I}^{3/4}\hat{I}\# \hat{I}\mu\hat{I}^{1/2}\hat{I}\#\hat{I}\#$
 $\hat{I}\#\hat{I}\#\hat{I}; \hat{I}$
 $\hat{I}\pm\hat{I}\#\hat{I}\# \hat{I}^{1/2}\hat{I}\pm\hat{I}^{1/2} \hat{I}-\hat{I}\gg\hat{I}\gg\hat{I}; \hat{I}^{\circ}\hat{I}^{\circ}\hat{I}\mu\hat{I}^1\hat{I}\#\hat{I}\pm\hat{I}^1 \hat{I}\#\hat{I}\#\hat{I}; \hat{I}\#\hat{I}\#\hat{I}; \hat{I}-$
 $\hat{I}^{1/2}\hat{I}\#\hat{I}; \hat{I}^{1/2}\hat{I}\cdot \hat{I}\mu\hat{I}-\hat{I}^{1/2}\hat{I}\pm\hat{I}^1 \hat{I}\cdot \hat{I}\#\hat{I}; \hat{I}\#\hat{I}\#\hat{I}\cdot\hat{I}\#\hat{I}\pm \hat{I}\mu\hat{I}^{\circ}\hat{I}\#\hat{I}; \hat{I}^{\circ}\hat{I}\#$
 $\hat{I}\#\hat{I}^{1/4}\hat{I}^{\circ}\hat{I}^3\hat{I}^{1/4}\hat{I}\pm\hat{I}\#\hat{I}; \hat{I}\# \hat{I}\pm\hat{I}\#\hat{I}\# \hat{I}\#\hat{I}; \hat{I}$
 $\hat{I}\# \hat{I}\#\hat{I}^{1/4}\hat{I}\cdot\hat{I}^{1/4}\hat{I}\pm\hat{I}\#\hat{I}; \hat{I}^3\hat{I}\#\hat{I}^{1/2}\hat{I}; \hat{I}$
 $\hat{I}\# \hat{I}\pm\hat{I} \hat{I}^{1/2}\hat{I}\mu\hat{I}\# \hat{I}^{\circ}\hat{I}\pm\hat{I}^1 \hat{I}\pm\hat{I}\#\hat{I}\# \hat{I}\#\hat{I}; \hat{I}\#\hat{I}; \hat{I}^1\hat{I}\pm \hat{I}^{1/4}\hat{I}\#\hat{I}\cdot \hat{I}\#\hat{I}; \hat{I}$
 $\hat{I}\#\hat{I}\#\hat{I}; \hat{I}\#\hat{I}\#\hat{I}; \hat{I}$
 $\hat{I}\mu\hat{I}-\hat{I}^{1/2}\hat{I}\pm\hat{I}^1 \hat{I}\#\hat{I}^1\hat{I}; \hat{I}\mu\hat{I}^{1/2}\hat{I}\mu\hat{I}\#\hat{I}^3\hat{I}-. \hat{I}; \hat{I}\#\hat{I}\gg\hat{I}; \hat{I}\#\hat{I}\pm\hat{I}-\hat{I}\mathbb{Q}\hat{I}\mu\hat{I}^1$
 $\hat{I}\mu\hat{I}\#\hat{I}-\hat{I}\#\hat{I}\cdot\hat{I}\# \hat{I}\cdot \hat{I}^{\circ}\hat{I}\gg\hat{I}\cdot\hat{I}\#\hat{I}; \hat{I}^{1/2}\hat{I}; \hat{I}^{1/4}\hat{I}^1\hat{I}^{\circ}\hat{I}^{\circ} \hat{I}\#\hat{I}\#\hat{I}; \hat{I}^1\hat{I}-\hat{I}, \hat{I}\mu\hat{I}\#\hat{I}\cdot \hat{I}\#\hat{I}\cdot\hat{I}\#$
 $\hat{I}\mu\hat{I}\#\hat{I}^1\hat{I} \hat{I}\mu\hat{I}\#\hat{I}^{1/4}\hat{I}-\hat{I} \hat{I}\pm\hat{I}\# \hat{I}^{1/2}\hat{I}\pm \hat{I}^1\hat{I} \hat{I}\pm\hat{I}\#\hat{I}\cdot\hat{I}\#\hat{I}\mu\hat{I}- \hat{I}\#\hat{I}\cdot\hat{I}^{1/2} \hat{I}$
 $\hat{I}^3\hat{I}\#\hat{I}\pm\hat{I}\#\hat{I}-\hat{I}\pm.$

**Normal
Skin**



Feels neither
tight or oily

**Dry
Skin**



Feels Tight

**Oily
Skin**



Feels oily
all over

**Combination
Skin**



Oily t-zone
normal/dry cheeks

**Sensitive
Skin**



Red, irritated
tight, patchy

İ#İ

İ#İ# İ#İ; İ²İ¹İ²İ»İ-İ; İ#İ-İ#

İ#İ#İ;İ#İ#İİ#İµİ¹:

1. İ#İ±İ#İ#İ¹İ°İİ# İ¹İ¹İ¹İ#İ#İ·İ#İµİ# İ#İ#İ½ İ#İ¹İ,İİ#İ¹İ#İ½

İ#İ»İ±İ-İ#İ½ İ°İ±İ¹ İ#İ#İ# İ±İ

İ#İ- İ¼İ#İ;İ#İ;İ#İ½ İ½İ± İ#İ±İ# İ²İ;İ·İ,İ®İ#İ;İ

İ½

2. İ#İ;İ#İ¼İµİ#İ;İ»İ;İ³İ¹İ°İİ# İ¹İ¹İ¹İ#İ#İ·İ#İµİ#

3. İ£İ

İ½İ#İ±İ³İİ# İ#İ#İ¹İ#İ¹İ°İ#İ½ İ°İ±İ»İ»İ

İ½İ#İ¹İ°İ#İ½ İ¼İµ İ#İ¹İ,İİ#İ¹İ± İ#İ»İ±İ¹İ±.

İ

İ#İ;İαİ#İ#İ#İ#İ#



Î#Ï#Î-Ï#Ï#Ï#Ï#Î· Ï#Ï#Î; Î ±Î½Î, Ï#Ï#Ï#Î¹Î½Î; Ï#Ï#Î¼Î±

Î∞Î Î¹Ï#Î; Î#ÎµÏ#Ï# Î°Î±¹ Î³Î»Ï

Î°Ï# Î-Ï#Ï#Î¼Î± Ï#Î; Î

Ï#Î; Ï#Ï#Î; Î°Î±¹»Î¹Î; Ï# Î-Ï#ÎµÏ#Îµ Ï#Î-Î½Î± Ï#Ï#Î; Î

Ï# Î±Î½Î, Ï#Ï#Ï#Î; Î

Ï# Î°Î±¹ Ï#Ï#Î-Ï#Î¼Î¼Î; Ï#Î; Î¹µÏ-Ï#Î±¹ Î³Î¹Î±

Ï#ÎµÏ#Î¹¹Ï#Î; Î¹Î®Ï#ÎµÏ#Ï# Î±Ï#Ï# Ï#Î; Î»Ï»Ï# Ï#Î±¹»Î¹Î-. Î#¹

Î¼Î; Î½ÎÏ#Î½ÎµÏ# Ï#Ï#Îµ

Î½ÎµÏ# Ï#Î; Î

Î½ Î¹µÏ-Î³¼Îµ¹ Ï#Ï#Ï# Î; Î¹ Î°Ï#Ï#Î¹µÏ# Î¹±Ï#Ï#Î¹°Ï# Î¹¹

¹¹Ï#Ï#Î-Ï#ÎµÏ# Î±Ï

Ï#Î; Ï# Î; Î

ÎµÏ»Î±Î-Î; Î

Ï#Ï#Ï#Î¹¶Î; Î½Î±¹ Ï#Ï#Î± ÎµÎ³¼Î®Ï# Ï#Î¼Î®¼Î®¼Î±Ï#Î±:

Î°Î±Ï#Ï#Ï#Ï#Ï#Î½Î¹°Ï#;

Î±Î½Î¹Ï#Î¹Ï#»ÎµÏ³¼Î; Î½ÎÏ#Î¹µÏ#;

Î±Î½Î½Î¹Ï#Î¹Ï#Ï#Î¹°Ï#;

Î¹¹ÎµÏ³µÏ-Ï#ÎµÏ# Ï#Î; Î±Î½Î; Ï#Î; Î; Î¹Î-Ï#Î¹°Ï#;

Ï#Î; Î½ÎÏ#Ï#Î¹°Ï#;

Î±Î½Î±Ï#Î»Ï»Ï#Ï#Î¹°Ï#.

Î# ÎµÏ#Ï#Ï#ÎµÏ#Î¹°Î® Ï#Ï#Î®Ï#Î- Î±Ï

Ï#Î; Ï# Î; Î

ÎµÏ»Î±Î-Î; Î



Î£î#î·î½ î°î¿î#î¼îµî#î¿î»î¿î³î-î±, î· îµî#î±î#î¼î¿î³î® î#î¿î
îµî»î±î-î¿î
î#î¿îî#î#î¿îî°î±î»î¹î¿îî# î±î#î¿îî#îµî»îµî- î#î¿îî»î# î î
±î#î¿îî#îµî»îµî#î¼î±î#î¹î°î® î, îµî#î±î#îµî-î± î³î¹î± î#î·î½ î°î
î#î#î±î#î-î#î¹î±. î§î#î·î#î¹î¼î¿î#î¿îî¹îµî-î#î±î¹ î#î# î¼îî-î³î¼î
± îµî»î±î-î¿î
î³î¹î± î¼î±î#î-î¶ (î#î¿î î-î¹î¹î¿î, î°î±î, î#î# î°î±î¹ î#î# î¹î
±î#î#î¹î°î® î°î¿îî½î¹î¿îî#î#î¿îî#î¿îî-î#î·) î°î±î¹ îµî#î-î#î·î# î#îµ
î¼î¿îî#î#î® î#îµî#î¹î#î
î»î-î³î¼îµî#î½. î#î¹î± î#î¹î# î#îµî#î¹î#î

İ#İ¹İ¬İ#İ;İ#İ;İ¹ İ#İ#İ#İ#İ;İ¹ İ#İ#İ®İ#İ.İ#:

İ#İ#İ;İ#İ, İİ#İ#İµ 3-5 İ#İ#İ±İ³İ#İ½İµİ# İµİ»İ±İ¬İ;İ
İ#İµ İ¼İ¹İ± İİ#İ;İ¹İ¼İ. İ¹İ#İ#İ. İ#İ±İ¼İ#İ;İ
İ¬İ½ İ® İ°İ#İİ¼İ±İ# İ¼İ±İ»İ»İ¹İ#;

İ#İ¬İ¾İ#İµ İ±İ#İ°İµİ#İİ# İ#İ#İ±İ³İ#İ½İµİ# İ#İµ İ¼İ¹İ
± İ²İ;İ#İ#İ#İ#İ± İ¼İ±İ»İ»İ¹İ#İ½, İ³İ¹İ± İİ½İ± İ±İ#İ#İ¼İ
±İ#İ¹İ°İ# İ²İ;İ#İ#İ#İ#İ¹İ#İ¼İ±

İ#İ#İ.İ#İ¹İ¼İ;İ#İ;İ¹İ®İ#İ#İµ İ#İ; İ#İ# İİ½İ± İ±İ#İ# İ#İ
± İ#İ

İ#İ#İ±İ#İ¹İ°İ¬ İ³İ¹İ± İ#İ.İ½ İ#İ#İ;İµİ#İ;İ¹İ¼İ±İ#İ¬İ±
İ¼İ¬İ#İ°İ±İ# İ¼İ±İ»İ»İ¹İ#İ½ (İ±İ½İ±İ¼İµİ¬İ¾İ#İµ İ#İ;,
İ#.İ#, İ¼İµ İ¼İ¹İ± İ°İ;İ

İ#İ±İ»İ¹İ¬ İ#İ;İ#İ#İ±İ# İ³İ»İ

İ°İ# İ±İ¼İ#İ³İ¹İ±İ»İ; piririma İ°İ±İ¹ İİ»İ±İ¹İ; İ#İ;İ#İ#İ;İ°İ
±İ»İ¹İ;İ# İ°İ±İ¹ İ°İ#İ±İ#İ®İ#İ#İµ İ#İ; İ¶İµİ#İ#İ
±İ¼İİ½İ; İ¼İ¬İ³İ¼İ± İ#İ#İ± İ¼İ±İ»İ»İ¹İ¬ İ#İ#İ¹
İ»İ¹³İ#İ#İµİ#İ; İ±İ#İ# İ¼İ¹İ#İ® İ#İ#İ±, İ¼İµİ#İ¬
İ¾İµİ#İ»İ#İ½İµİ#İµ İ¼İµ İ#İ±İ¼İ#İ;İ
İ¬İ½.

Î#Î¹Î± Î#Î¿; Î#Î#Î¹¼Î±

Î#Î±Î¹ Î#Î»»Î¿; Î# â## Î#Î

Î½Î#Î±Î³Î# Î³¹Î± Î#Î·Î½ Î°Î±Î#Î±Î#Î¿;Î»Î»Î½¼Î·Î#Î· Î#Î·Î# Î°Î°
Î#Î#Î±Î#Î#Î#Î¹Î±Î# Î¼ Î²Î±Î#Î· Î#Î¿; Î»»Î±Î¹Î¿; Î#Î¿;Î#Î#Î¿;Î°Î°
±Î»Î¹Î¿;Î# Î°Î±Î± Î±Î½Î½Î±Î³Î½Î½Î#Î#Î¹Î¶Î¼Î#Î±Î¹ Î±Î#Î# Î#Î»»Î¿;Î°
Î# Î#Î#Î# Î#Î#Î#Î°Î¼¹Î#Î±Î¹ Î³¹Î± Î#Î¿;Î½ Î#Î¹Î¿ Î±Î#Î¿;Î#Î¼Î»»Î¼Î#Î½¼Î±Î#Î¹Î°Î# Î#Î#Î#Î#Î¿; Î°Î±Î#Î±Î#Î¿;Î»Î»Î½¼Î·Î#Î# Î±Î±
Î#Î®Î# Î#Î·Î# Î±Î½Î½Î#Î¹Î±Î¹Î#Î·Î·Î#Î¹Î°Î®Î# Î#Î¹Î®Î#.

Î Î#Î¿;Î#Î¿;Î#Î#Î¼ Î½¼Î»»Î¹ Î°Î±Î¹ Î±Î#Î°Î¼Î#Î#
Î#Î#Î±Î³Î#Î½Î½Î# Î»»Î±Î¹Î¿; Î#Î¿;Î#Î#Î°Î±Î»Î¿;Î# Î#Î¼
Î°Î±Î#Î±Î°Î±Î±Î¹ Î°Î±Î#Î· Î§Î#Î·Î#Î¹¼Î¿;Î#Î¹Î®Î#Î#Î¼
Î#Î¿; Î½¼Î±Î³Î½Î½Î# scrub Î#Î#Î¹Î# Î#Î#Î¿;Î²Î»Î·Î½¼Î±Î#Î¹Î°Î±
Î# Î#Î¼Î#Î¹Î¿;Î#Î#.

Конец ознакомительного фрагмента.

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