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*Chantal Sandjon, Anna Cavelius*

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Green life, green food, green beauty

Ein nachhaltiger, dabei lebendiger und kreativer Lifestyle schont nicht nur Ressourcen, sondern tut auch uns selbst rundum gut: Wir sehen besser aus, fühlen uns gesund und ausgeglichen. Mit dem grünen Lebensgefühl kann man ganz undogmatisch und entspannt seinen Alltag bereichern. In diesem liebevoll gestalteten und reich bebilderten Buch zeigen Chantal Sandjon und Anna Cavelius mit vielen großen und kleinen Ideen, wie einfach das ist. Eine bunte Schatzkiste voller Rezepte für leckere Smoothies, Anleitungen für entlastende Detox-Tage, Upcycling- und Guerilla-Gardening-Tipps, Naturkosmetik zum Selbermachen und vielem mehr.

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