

Brigitte Florani



Brigitte Florani | Nutritionist

**Infants, Children, Adolescents, Teens, Adults,
Seniors**

Why Gemmotherapy?

I like gemmotherapy for different reasons. It uses indigenous plants, it is respectful of the environment because it does not require large quantities of buds to make macerates, it is very very effective, both on the subtle-psychic and organic - functional levels, it is very safe to use because there are

few contraindications and side effects, and finally it can be used on babies, children, pregnant and nursing women, unlike other forms of using medicinal plants.

This is how I believe we heal:

I think that we heal ourselves first by listening to our body, small and harmless symptoms can already warn us. Then by respecting our body through a healthy lifestyle including exercise, sleep, nutrition and social life. Finally, we respect our body and keep it healthy by following nature's example. Nature has provided everything we need and we just have to use it without distorting it.

Modalities

Nutrition

Phytotherapy

Gemmotherapy

Aromatherapy

Brigitte's Pricing Structure

First appointment

60€

Follow-up

from 30€ to 50€

Acute

50€

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