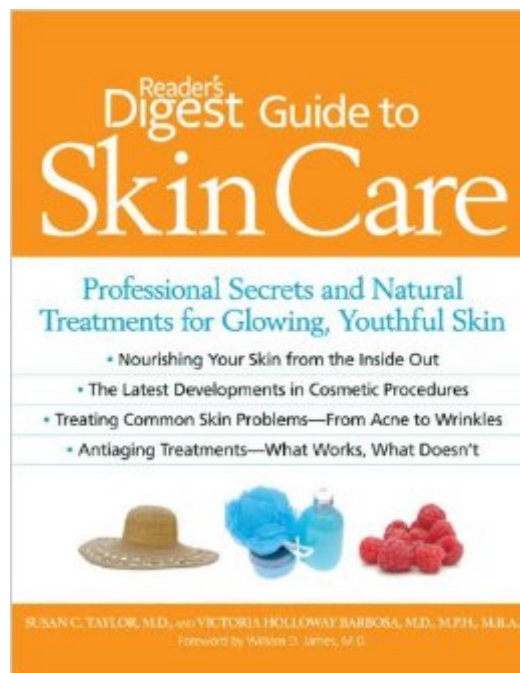


The book was found

Reader's Digest Guide To Skin Care: Professional Secrets And Natural Treatments For Glowing, Youthful Skin



Synopsis

Your skin can reveal a lot about your general well-being, and your outside appearance often reflects what's going on inside. Reader's Digest Guide to Skin Care shows you how to nourish your skin, from eating your greens and drinking water to moisturizing and protecting yourself against the harmful rays of the sun. With chapters that range from "Your Skin and Your Health" to "Beauty and Skincare," you'll find:

- How the skin works: From body temperature regulation to its role as a barrier against injury and infection
- Skin types: Discover which category you fall into with a thorough description of the different skin types-oily, combination/normal, sensitive, dry, and aging/sun-damaged
- Which skin signs point to inner health problems: Including iron deficiency, insufficient sleep, liver problems, vitamin and mineral deficiency, heart problems, kidney problems, nasal congestion and fluid retention
- Beauty and skincare: Learn about all the latest advancements in maintaining youthful skin, including anti-aging treatments and cosmetic procedures, such as chemical peels, microdermabrasion, and Botox/Reloxin
- Skin conditions and treatments for acne and rosacea, dry skin, eczema, dermatitis, calluses, corns and athlete's foot, dark circles and puffiness, seborrhea, and pigmentation problems
- Skin cancer prevention, identification, risks, and prognoses

Book Information

Paperback: 176 pages

Publisher: Readers Digest (February 18, 2010)

Language: English

ISBN-10: 1606521055

ISBN-13: 978-1606521052

Product Dimensions: 7.6 x 0.6 x 9.7 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #1,674,300 in Books (See Top 100 in Books) #141 inÂ Books > Health, Fitness & Dieting > Aging > Beauty, Grooming & Style #1297 inÂ Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Style & Clothing #113560 inÂ Books > Self-Help

Customer Reviews

I like this book. It's full-color deluxe print. It provides basic skin care information in simple language and plenty of graphic illustrations. Much better design than a lot of books that have lengthy technical descriptions. This book is great for visual people who can't stand reading pages after pages of text. A fun to read book.

This book came in good condition. I finally found a book on skin care, that I have been searching for a while. I am pleased.

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