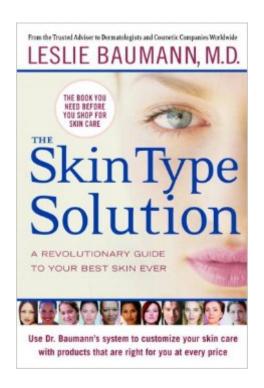
The book was found

The Skin Type Solution: A Revolutionary Guide To Your Best Skin Ever





Synopsis

From Dr. Leslie Baumann, a world-renowned dermatologist, comes a program thatâ ™s revolutionizing the way people everywhere think about a "and shop for a "skin care. Now you can identify and buy the products that are right for your true skin type. Answer the Baumann questionnaire inside this book and within minutes you can learnâ |As everyone knows, all skin is not created equal. But whereas previous books identified only four basic skin types, through her cutting-edge clinical research in Miami Beach, Dr. Leslie Baumann discovered that there are actually sixteen distinctly different skin typesâ "each with unique needs all its own. But caring for your skin doesnâ ™t have to be complicated. As Director of Cosmetic Dermatology at the Miller School of Medicine at the University of Miami, Dr. Baumann has tested her program on thousands of patients, developing a system that is already transforming dermatology. Now her proven program is available to you. Youâ ™II discover: â ¢ Your personal skin type profile detailing exactly what will workâ "and what wonâ ™tâ "for your unique complexion â ¢ An extensive product guide to name brands suited to every skin type and budget, including cleansers, moisturizers, toners, sun blocks, foundations, and much more â ¢ Natural health and dietary advice for beautiful skin â ¢ Tips on preventing skin aging and â œproblemâ • skin â ¢ The latest information on the new world of prescription products, facials, chemical peels, Retin-A, Botox, and collagen injections So take the questionnaire, discover your type, and find the products you need to look like a million bucks without spending a fortune. With this book in hand, youâ ™II save time, moneyâ "and something even more valuable: your skin.

Book Information

Hardcover: 528 pages

Publisher: Bantam (February 28, 2006)

Language: English

ISBN-10: 0553804227

ISBN-13: 978-0553804225

Product Dimensions: 6.7 x 1.4 x 9.5 inches

Shipping Weight: 1.8 pounds

Average Customer Review: 4.3 out of 5 stars Â See all reviews (158 customer reviews)

Best Sellers Rank: #210,988 in Books (See Top 100 in Books) #14 in Books > Health, Fitness &

Dieting > Beauty, Grooming, & Style > Skin Care

Customer Reviews

In my teens and twenties I never paid much attention to my skin, partly because I didn't have any major problems and partly because I wasn't very interested in beauty, fashion magazines and the like. I'd wash my face in the shower and draw a couple lines under my eyes in the morning and that was the extent of my skin care and make-up routine. But, at 34 I noticed a lesion on my face that turned out to be skin cancer. It was nothing serious and was taken care very easily, but it made me start looking at my skin more closely, and, much to my dismay, I realized that I was beginning to show the signs of ageing; for the first time I noticed that I had crowsfeet, smile lines and age spots. I decided I probably should start taking a little better care of my skin, but I didn't really know "what" I should be doing. Since it's nearly impossible to get a dermatologist to spend any serious time with you, I decided to buy a book instead. I bought this one and I think it was a good choice. The book helps you assess the type of skin you have and determine what products and procedures are best for you. It also impresses upon you the importance of sunscreen. For many skin types, like mine, Dr. Baumann suggests a Retinoid product that you have to get through a dermatologist. This seems to have been good advice as I have read several articles in other sources (NYTimes and Consumer Reports) that say that Retinoids are the ony products which have been scientifically proven to reduce the signs of ageing. So, for the recommendation of suncreen and retinoids, I'm very thankful to the author. As far as some of the other product recommendations are concerned, I have taken them with a grain of salt.

Download to continue reading...

Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) The Skin Type Solution: A Revolutionary Guide to Your Best Skin Ever Get Younger Looking Skin Naturally: Advanced Skin Care (Aging, Skin problems, Eating for Beauty, Skin Care Routine, Skin Products, How to Age Well, Nails, Hair, Skin) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES, diabetic cookbook, type 2 diabetes) The Ultimate Guide To Skin Whitening: The Permanent, Most Effective Solution For Increasing Complexion And Having Beautiful Skin (Beautiful Skin, Improve ... Complexion, Become Fair, Skin Pigmentation) Diabetes: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Diabetes (Type I, Type II) and Pre-Diabetes (Dr. ... Eat Right 4 Your Type Health Library) Skin Picking: for beginners - How to recover from Skin Picking Disorder - What You Need To Know About Dermatillomania Treatment and Cure (Skin Picking ... - Skin Ailments - Skin Diseases Book 1) The Type 2 Diabetes Cure - How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life

(Reverse Diabetes, Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1) Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) Eat Right For Your Blood Type: A Guide to Healthy Blood Type Diet, Understand What to Eat According to Your Blood Type Eat Right 4 Your Type Personalized Cookbook Type A: 150+ Healthy Recipes For Your Blood Type Diet Eat Right 4 Your Type Personalized Cookbook Type O: 150+ Healthy Recipes For Your Blood Type Diet Eat Right 4 Your Type Personalized Cookbook Type B: 150+ Healthy Recipes For Your Blood Type Diet Eat Right 4 Your Type Personalized Cookbook Type AB: 150+ Healthy Recipes For Your Blood Type Diet By Dr. Peter J. D'Adamo - Eat Right 4 Your Type Personalized Cookbook Type B: 150+ Healthy Recipes For Your Blood Type Diet (1st Edition) (9.1.2013) Meals by Blood Type: Getting Your Life Back on Track With 35 Recipes That Fit Your Blood Type (Blood Type Diet & Low Cholesterol) Guide To Anti Aging Skin Care Treatment: Learn All You Need For Treating Aging Skin To Look Younger Than Your Age (Anti Aging Skin Care, Anti Aging Diet, ... Emu Oil, Retinol, Best Eye Cream, Book 3) The pH Miracle for Diabetes: The Revolutionary Diet Plan for Type 1 and Type 2 Diabetics Best Green Drinks Ever: Boost Your Juice with Protein, Antioxidants and More (Best Ever) Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes,type 2 diabetes,diabetes symptoms,type ... diet,glucose,type 2 diabetes symptoms)

Dmca