

NATIONAL BESTSELLER

AS SEEN ON PUBLIC TELEVISION

Leslie Baumann, M.D.

THE  
Skin  
 Type  
Solution



REVISED AND UPDATED

Are you certain that you are using the optimal skin care products?

Take the Baumann questionnaire to discover your skin type and learn what ingredients and skin care brands are right for you – at every price level.

*"Without question, the best book I've read on skin care."*

— PAULA BEGON, author of *Don't Get in the Cosmetic Creams Without Me*

*Leslie Baumann*

**The Skin Type Solution: Are You Certain Tthat You Are  
Using the Optimal Skin Care Products? Revised and  
Updated**



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REVISED AND UPDATED FORGET ALL YOU THOUGHT YOU KNEW ABOUT WHAT' pores and skin • vital information on the new world of prescription items, facials, chemical peels, Retin-A, Botox, and Restylane injections Now you can appear to be a million bucks without spending a fortune. and what earned' Take the easy questionnaire inside this reserve and within a few minutes discover which of the sixteen exclusive skin types describes your skin layer, which ingredients in order to avoid, the skin care brands that are best for you, as well as your new period- and money-saving routine. In this revised edition of her traditional bestseller, world-renowned Miami Beach dermatologist and researcher Dr. t- She provides detailed lists of recommended items suited to every type of skin and budget. Baumann give you a personal discussion! ll find • your personal skin type profile detailing exactly what will work- Leslie Baumann helps you shop for the perfect skin care products. for your specific complexion • the most recent products for healthy, radiant skin- problem" tips about preventing pores and skin maturing and "cleansers, moisturizers, toners, sun blocks, foundations, and more • S GOOD FOR YOUR Epidermis- AND LEARN THE TRUTH. This book is almost as good as having Dr. Inside you'



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This book will save me money in skincare! Very helpful. I found out about this publication through a YouTube clip and nearly immediately bought it. This book was recommended if you ask me by a friend who swears because of it when I was within my wit's with my skin. I have already been able to purchase both medication store and high-end items that will work well for me. The quiz told me exactly what I've already learned about my skin through the years, but I still find this book an excellent resource because I acquired no idea previously of how to proceed with my type of skin. It's pretty comprehensive and intensive. Excellent skin care advice which also gives you the opportunity . There are some stuff that are no longer in production and it's possible ingredient lists have changed since then too. Very helpful for identifying my skintype and resolving problems I bought this reserve when my skin went crazy during pregnancy and non-e of my regular items were working to soothe it. I feel like it will save me money because I won't be searching and attempting all this over-hyped skincare that doesn't work for me! If you can press through the snooze cruise of the pages, the actual information is existence altering. I'm happy I did so. I gave me a concept of what forms of pores and skin that I was coping with throughout my career. Probably among the most severe books I've ever read, but i want to say that the products she recommends via the questionnaire possess completely turned my epidermis around. I was using costly, high quality skincare items, that unbeknownst to me had things that were detrimental for my specific type of skin. Which produced me feel like all years of epidermis craziness & frustrations were validated! Nice Book I bought this book hoping to gain some insight on how to care for my aging skin. It is really good book for newer pores and skin therapists or people who want .. Dr. For whatever type of skin you are, she offers you lists of ingredients that are healthy, lists of ingredients to avoid, suggested skincare regimes, and suggested products at a range of prices. Everything I was doing was so incorrect for my pores and skin, which is why I had therefore much discomfort. The quiz told me that I've dry, sensitive, non-pigmented, tight skin, so I skipped through and find out about my skin type, amazed that it pinpointed my problems so specifically. Baumann outlines what elements work and which in order to avoid for your skin. Some of the product suggestions are dated no longer available, or titles have changed.. The very best book in my own library and I refer my clients to this book, frequently. I pointed out that the cleanser she suggested was a touch too gentle and ordered one of her recommended items from her site on Amazon and it was the perfect supplement. This reserve also simplified for me personally which ingredients were important for me and that have been a waste. When you can press through the snooze cruise of the webpages, the actual information is life altering. I think that book must have been suggested for my esthetics program. I've been on accutane before but still have problems with occasional breakouts and cystic

acne. It did provide some advice so I'm not really sorry with this purchase. It was easy to read and definitely held it in my back workplace for reference. Now I am aware what I want and how exactly to spend my beauty dollars Loved this! Identified my type of skin easily and scale back on a number of items that I was spending excess amount on. Overall, I'm pleased with this buy and did gain some useful details..Get this book in case you are confused about all of the creams, oils, serums, gels, and various other product put out by the wonder industry and find yourself spending too much money on them. I ordered the basics from her list and my pores and skin has never felt or appeared better. It really is good publication for newer skin therapists or people who want to know even more about your skin. I even found my type of skin and tried out some of the items (low end ~ she do give a price range of products to match one's budget) that she recommended.. For the most part, reviewers gained a whole lot from with them, others did not. I started the recommended skincare regimen, using the least expensive product recommendations, and for the very first time in a few months woke up with comfortable skin - not itchy, not blotchy red, not really bumpy, not really flaky, not so dry that smiling was unpleasant. It's too soon to tell easily look 20 again (I'm 43), but I'll let you know. The most typical thread I was obtaining was that users who used any facial cleanser and a face moisturizer twice daily had been doing quite well without any help from the added suggestions. The other suggested items had been either fluff or slightly helped for the reason that the users would trade out their regular facial cleanser for just one more tailored with their skin type. I took that into consideration and didn't overload in purchasing everything she suggested for my skin. will completely change the way you see and deal with your skin! I love that the author gives suggestions for products at numerous price factors and specifies the substances to look for for each skin type so I can price compare on my own. But I've still had the opportunity to find some products that are still designed for me. I took the quiz and go through the suggestions, skeptical that it might be accurate. Knowing how to take care of my skin is a casino game changer, and Dr. As I was searching for the products, I looked up their specific testimonials on Amazon.The simple changes to my routine (creamy cleanser rather than a foamy cleanser, eliminating a product that was irritating to my skin type, facial spray before moisturizer) made such a difference for me.My husband even commented that my skin was "glowing," and in my third pregnancy, I've never been told I was "glowing" before.I would recommend this book to anyone who feels as though their skin doesn't match the mold of "oily/combination" or "normal/dry out" and needs a bit more path concerning how to choose the right products, and what substances to look for or avoid for your specific skin type. Good insights Been looking for a book that helped me understand different skin types. I've problematic skins and felt like I actually was simply continually sampling stuff and

returning skincare products that just did not work out for me personally. My just complaint is that because the publication was last published this year 2010 I believe, the merchandise lists are a small outdated. Suprisingly, I was already using some, but I did splurge and bought several others. The best book in my own library and I refer my clients . Excellent skincare advice which also gives you the opportunity to select your price range for most products. I REALLY DO look better!???? Three Stars interesting but product recommendations are outdated and I love just how they have care ideas for every cost ... I currently make use of a daily cleanser with exfoliating scrub and a moisturizer twice daily, but I did so add a couple of products (an vision cream for wrinkles and a microdermabrasion product I use twice weekly). Soooooo interesting, and I love the way they have care ideas for every price range. It includes a fun quiz and a good It includes a fun quiz and a good, brisk intro to skincare, and Baumann's advice in elements and routine-building is effective. But her product suggestions are wacked. Most of them contain irritants that she thought to prevent in the same chapter, or else do not contain especially helpful ingredients while still transporting a high price. It's an alright starting point, but be sure you look at the ingredients lists and cross reference with additional skincare websites and reviewers before purchasing anything predicated on her recommendations.. However the overall concepts remain very helpful.. Some information is dated, but still a very helpful resource This book has been very useful. Baumann knows her stuff and avoids the hype. I've tamed delicate flare-ups and feel confident about my epidermis.



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