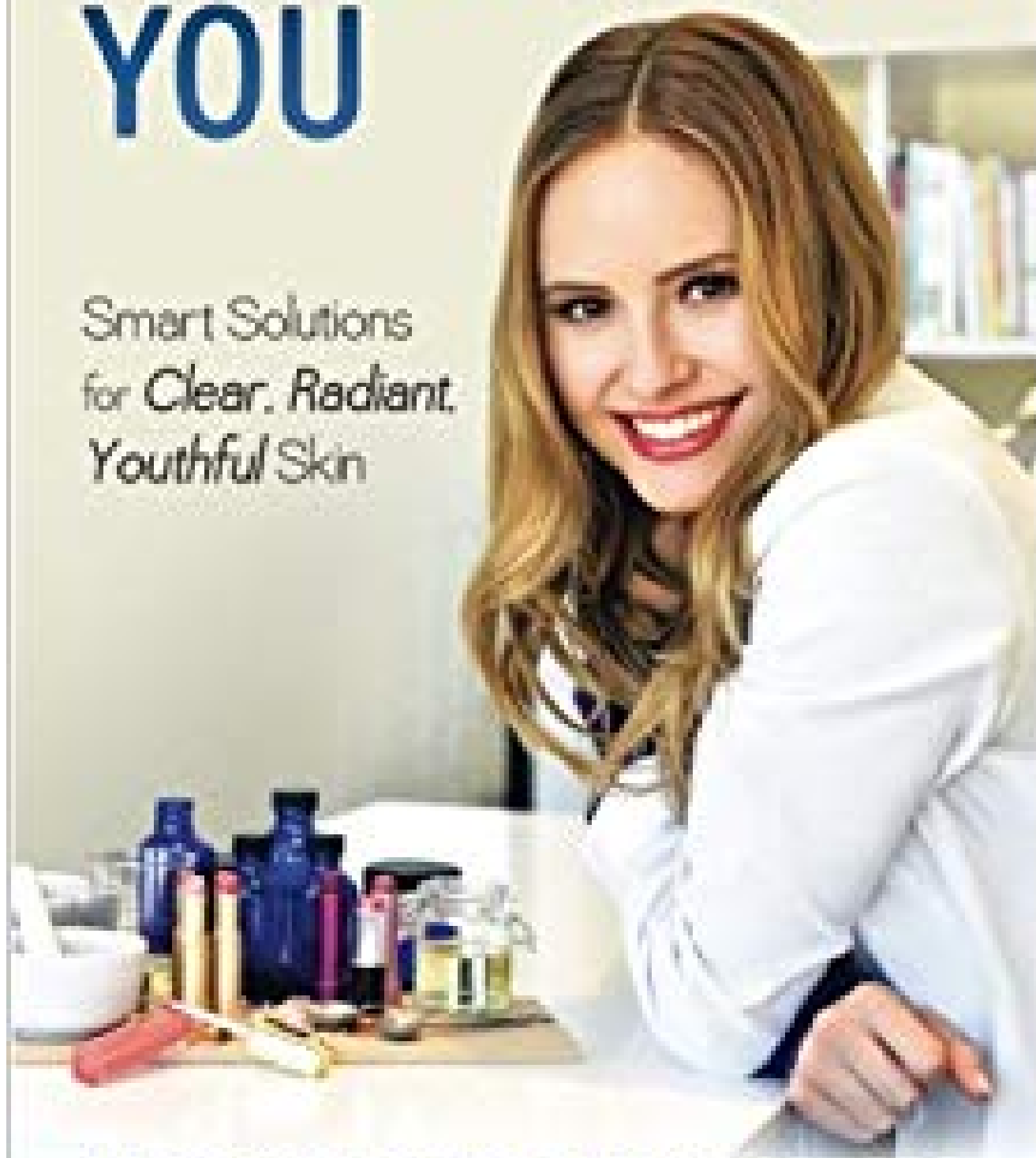


#1 INTERNATIONAL BESTSELLER

IRRESISTIBLE YOU

*Smart Solutions
for Clear, Radiant,
Youthful Skin*



JACQUELINE SCHAFFER, MD

with Amanda Rooker

Jacqueline Schaffer

Irresistible You: Smart and Schique Solutions for Clear, Radiant, Youthful Skin



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Great Book for all Skin Types (men & women)! ! WOW! Thank you Jacqueline! Schaffer's book may be the equivalent of the skin treatment bible. Schaffer explains everything you need to understand about your skin in an readable format.. It is so great to finally look for a reserve that specially talks to you about your skin type. I love this book!!! Most of us want healthier and better looking pores and skin. You can show the author (inspired by her mother's skin malignancy) genuinely shares the same problems that real women encounter today. What I've discovered for myself is normally that piling on the healthy oils actually helps my aging dryer pores and skin. Dr. Schaffer addresses not only what to place on your skin layer, but also the foods that you place within your body. This book is filled with step-by-step apparent solutions - from anti-ageing to zits, I recommend it for just about any woman who would like to look and feel their best! I actually was disappointed that throughout the reserve it basically stated and We . She even made me a few of the recipes which tasted excellent and I don't actually like eating healthy.. Great book with an overload of information regarding the skin .! Great gift to provide to a friend/sister/mom through the holidays... aspiring actress/model girlfriend and the results couldn't have already been better. Schaffer for a wonderful and informational read :). I have spent so much money on items that didn't work. Right now I understand the secret. My pores and skin hasn't looked so gorgeous and that's important to me as the first thing anyone sees is your face. When you have been disappointed about your skin and are looking for answers here it is. I learned so much about my type of skin (dry) and what's very best for this! I would must rather have it mentioned in the book!!!! What an awesome and easy-to-read book for anyone who has experienced problems with their skin!. It is so excellent to finally find a reserve that specially foretells .C What an awesome and easy-to-read reserve for anybody who has experienced complications . Dr. Jacqueline Schaffer gives tangible solutions that I can apply in all aspects of my entire life for not only better pores and skin but a healthier me. This book is applicable to all or any ages and every type of skin. I actually was disappointed that throughout the reserve it basically stated and I am paraphrasing that if you would like more information on the subject being discussed to visit the web site... In the hyper competitive atmosphere of actors and models in Hollywood, Dr. Thank you Dr. Read Chapter 12! Loved the anti-aging food plan. Great suggestions for snacks and meals. Fun to read. was a fantastic choice! I specifically targeted her oily pores and skin recommendations .. Highly Recommend I recommend this reserve to anyone who would like to take care of their epidermis naturally without harmful chemical compounds. In today's world of hyper inflated beauty secret tips, my buy of Dr. Jacqueline Schaffer's book, "Irresistible You ", was a fantastic choice! My sister then offered it to my mother and they both are actually obsessed.. It is rather thorough and actually explains the chemical procedures involved in regards to maturing.Vivienne Kiono Easy to follow instructions and practical advice I love that book tackles how exactly to achieve much healthier skin and body from the within to the outside. Good Info - Except for the Dietary Advice Clear, well organized, and very well presented. Dr. Great gift to provide to a friend/sister/mom through the holidays Got this reserve for my sister who works as TV Sponsor and has been having pores and skin problems recently and she completely loves it.). I was always so worried about what my make-up, haircare, and beauty products were carrying out to my epidermis - but now I am empowered with the data to create smarter decisions about my beauty program for my specific type of skin, including the items I consume. Besides that, a sterling effort. I am middle aged and went directly to the Anti-Aging Epidermis section and found terrific DIY quality recipes using natural ingredients that you could make at home very quickly smooth saving you a fortune from buying them retail.As a professional empty nester, I am

still super busy and contrary to popular belief, this book inspired me personally to invest a bit more time on me!. This book has actually changed my skin! From easy to follow guidelines tailored to specific type of skin, I am able to see visible improvements in both my skin and overall way of living. Great reserve with an overload of details regarding the skin and body. Jacqueline Schaffer!! Thank YOU Dr.. We've seen a night and day difference ... I bought this publication for my aspiring actress/model girlfriend and the outcomes couldn't have been better. We have seen a night and day difference in her skin's radiance. Irresistible You has taught me organic beauty tips along with quick healthful food recipes that I can implement in my own everyday life. I learned about the best methods to treat acne and ideas for anti-aging (which most of us need). Whether it's secrets worked well for Hollywood, it's essential read anywhere in the world. I'm irresistible now Irresistible You is a great mix of the best kept skin secrets, recipes and tips for all seasons. I specifically love the section covering how exactly to care for your dry/sensitive pores and skin from morning until night time. I have been trying out a few of the fitness plans and really enjoy how Personally i think after!. I disagree with some of her dietary suggestions - when you have dry skin, you're supposed to prevent anything oily (huh? Also, there are DIY dishes which I'm excited to try. From easy to check out guidelines tailored to specific skin . In addition to all sorts of vital information to keep your face and skin looking its greatest!! I also was looking for your opinion on what brands were recommended for each skin type and in addition more DIY items you recommend..I specifically targeted her oily skin suggestions from the DIY green tea extract mask requiring only 4 natural ingredients easily found in one's pantry to targeting the proper foundation, moisture /concealer along with practical daily beauty guidelines.



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