



# **THE SKIN REGIME**



**2nd Edition**

**by Dana Ramos**

**Foreword by Dr. David Bank**

Dana Ramos

## The Skin Regime: Boot Camp for Beautiful Skin



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The best-selling YOUR SKIN Regime: Boot Camp for Beautiful Epidermis is now in its 2nd Edition. And those ridiculous models they use--teenagers or movie stars with good skin, wearing tons of makeup with heavily-modified photos. Direct and humorous, the book instructs how to create a customized regime based on products and assistance most dermatologists suggest for his or her patients: The really skin-transforming things that really work to make gorgeous skin. You won't find the reality in beauty magazines because they exist to market lotions and potions made by the over-priced aesthetic industry. The reserve is is updated, expanded and still reveals the reality about cosmetics and skincare: Why most items are junk and an enormous waste of money and time. They want you to appear to be that whenever even those young ladies don't appear to be that! But not everyone provides that sort of money--or time. But you WILL get the reality in this publication. Well-known dermatologist, Dr. And with a big dosage of bravado, YOUR SKIN Regime presents a first-period ever challenge to established cosmetic companies to see if some of them can even come close to the outcomes of YOUR SKIN Regime.com and browse the first chapter of the reserve free of charge! You won't discover the truth from estheticians who simply want you to maintain spending money on expensive facials--they don't wish you to learn how easy it really is to get the correct ingredients and do-it-yourself, saving lots of money and time. David Bank, supplies the book's foreword and was the specialized advisor--he isn't afraid to tell the truth, either! (We bet no major cosmetic organization encourage the challenge--because they Find out they won't even come close). Go to TheSkinRegime. Five percent of reserve revenues are getting donated to worthy non-profit organizations. If you want to get pampered with salon facials or doctor treatments--and it's working well for you--then maintain enjoying yourself.



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Very informative Lot's of great information about cosmetic companies and just why most products you get at department and drug stores don't deliver outcomes. Dana talks to you like a friend and gives some great advice about what actions you can take to make a actual difference in your skin. I agree with the majority of it, however, after doing further research, I would suggest using Emu oil after a skin peel instead of a lotion.Z. I'm on week 6 of your skin regime and feel like I'm making good improvement. If it weren't for Dana's book I'd still be throwing out my money on items that don't work. Thank you Dana! Have a look at this reserve if you want to turn you skin around ladies and gents. Fiction Finally there is proof that all the expensive skin creams, etc. I am generally striving to find out what is best for my skin and keeping it in the perfect shape that I could. This can be something I usually believed but couldn't show. What the writer says makes total feeling and I applaud her when planning on taking on one of the biggest industries there is normally and debunking almost all their claims. Guess what? I love that it's simple and the products required are easy to find and use and - best of all - inexpensive. It had been a very satisfying knowledge to toss out all those expensive creams I've bought through the years!! I will leave another upgrade a few months to any extent further my skin, but so far I like it.. I liked this book since it used drug store products and they work better than the expensive stuff. I would definitely recommend this publication! In the second half at one stage she explain using Glycolic and it is her "Super secret". And she attributes everything to the program in this reserve. But this book certainly answered my queries and produced my peel software easier. She didn't try to sell me on her product only (tho the peel rocks !! Definitely an excellent read and an extremely helpful book! Fact vs. Good book, not great. Imagine the day which you have great, airbrushed skin without make-up or photoshop. I'm a couple of weeks in to the program but I'm currently seeing results. I especially loved the section about skin care myths. It's possible!! I guess I understand too mucj on the subject. How generous of Dana to talk about her key with the globe.com looking for that miracle cream which will change your face. It ACTUALLY glows. It's here. It's in THIS publication. Forget your expensive lotions, your hours spent on Sephora. I've actually had the enjoyment of conference this lovely, vivacious, gorgeous, generous lady. Her skin is normally A.M.A. I understand, however, that the whole point is to get results without spending lots of money and Emu oil isn't cheap.I. Amazing book, with useful info and inexpensive for folks like us with a small budget !G. Forget all that! First off I simply want to say how amazing and informative Dana is! If you want to improve your skin, I recommend you give this a significant try. Girls, (and boys), of all age range and skins, get thee to a pc and purchase THIS BOOK NOW. Helpful The book is helpful, but really the articles in it are things that I've always known, so no surprises or new information if you ask me. She keeps skincare very easy and simple, and what I really like could it be isn't expensive in comparison to going to a dermatologist or buying all these products that don't function. I have been pursuing the "regime" for about a month right now, and people are going crazy over my epidermis. THIS IS A MUST BUY. It lets you know what products are helpful for keeping your skin healthy and beautiful and also tells you which products you can just skip as they are either pointless or won't perform your skin layer any real good. Not to mention, it's the first review posted for some of the first reviewers. It could be they received the book a couple of months earlier, but the Epidermis bootcamp takes at least 6 weeks to total.In the book, it mentions quite a few times to check the web site for product recommendations (it will continue being updated) and I checked for the peels, but there is a link to a website they partnered with... no tips for something you can go to the store and purchase. The book also suggested Clinique Radiance Peel however they stopped producing it this year 2010. I simply wish the website was updated with an increase of

products, items that you can discover at Sephora or at a skincare counter, not merely one website from where you can purchase. She also recommends a product that's available by prescription only, and says it is rather easy to obtain a prescription for this, but I found it's not. What more can I say. Good advice We have spent a huge amount of money over the years on products that don't carry out what they advertise.. I liked the way the author gave you the brand names, Dove soap, Blistix etc. Practical, good advice I have already started the glycolic acid peels recommended in this reserve. I will however give this reserve to somebody who wil appreciate it. I was impressed that it mentioned nourishing your skin layer from the inside out using vitamin supplements and by eating good foods. And the secret is in this short, easy-to-read, thoroughly entertaining publication. One more "Super secret for epidermis".. nice read I actually was sent this reserve for free from the author in exchange for sharing my unbiased and honest opinion. Dana knows her stuff! Sadly, internet is full of such great Shiiit-Story-Manufacturers.N!!!! I received this book free of charge in exchange for a genuine and unbiased review. AWESOME Publication DANA 5 Superstar!! I also enjoyed the fact that book doesn't just pitch you a couple of products. what blurs Half of the reserve writes about how skincare companies will end up being scare of her discovery. I nice to have an honest professional's opinion about some of the skincare trends out there. I was very excited to read what it contained. out there are always a hoax! While I believe Dana Ramos will know what she is talking about, I was hoping even more to discover home ideas which book was more about the products on her behalf site, which is probably great. The book also provided me a whole lot of helpful information about the skin peels and how they function. In case you are like me and like to read various things and try different things, then this publication could be for you.) so the book was a very easy browse and I was able to start my new pores and skin produced regime that evening without having to break the bank! This is an excellent book! It's a reality. the book arrived in in a lovely pink envelope with a fancy little name tag and produced me smile. If you know nothing at all about skincare and are in the very beginning stages of your skincare trip then this reserve is effective, otherwise don't waste your time. I'm just a little concerned that a lot of of the evaluations are dated July/early August when this book was only published July 23, 2012. It's not the reserve, it's me. She will share some helpful hints and I appreciated her perspective on beauty. I attempted a peel during the past and noticed small difference at all and didnt really give me much info. Also after purchasing the book I had some queries on my epidermis and she was extremely swift in responding back again to me and giving me insight on what I should do. I did find my results to be postitive after carrying out the peel and reading the reserve so I'm excited to continue the training.I'm keen on the Skin Regime.! One Star A book written which means you will buy all of their products. Not worth the time.



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