



# beauty

## FACE

Beauty from the inside out

- Facials and five-minute skin regimens
- Makeovers for different skin types, ages, and ethnicities

## BODY

Total skincare from the neck down

- The bath and home spa
- Overlooked areas and trouble spots

## HAIR

The long and short of cuts, color, and styling

- Care and handling for curly, wavy, or straight hair

## PLUS

100 remedies,

200 trade secrets, and best products

- Special section on aging
- Insider guide to spas, shops, and salons

the new basics · by rona berg

*Rona Berg*

## **Beauty: The New Basics**



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Big, ebullient, brimming more than with know-how and enthusiasm, *Beauty* by Rona Berg may be the only beauty book you'll ever need-a one-size-fits-all, 500-page guideline of information, anecdotes and attitude. Illustrated throughout in two-color and having a 96-page full-color section, *Beauty* is filled with step-by-stage how-tos, professional techniques, brand and item comparisons, and inside ideas gleaned from a pro's pro who's covered the world of beauty for *The New York Times Magazine*, *Elle* magazine and various other national publications. The lengthy and short of hair care-including how to proceed on bad hair times. The emphasis is on simplicity and a wholesome, natural approach, and the range cuts across all ethnicities and age range. Plus make-overs, recipes, traditional lore, stories, time-lines, and an extensive glossary and set of resources. do what the models do and make use of a dab of Preparation H). The book tackles all three major categories-The Face, Hair, YOUR BODY. Remedies for beauty emergencies (eyes puffy from fatigue? How to reduce stress in the bath and pamper yourself with an easy house spa. There are five minute skin regimes, facials, makeup methods and health suggestions. It's a knock-out.



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Great basic guide for a minimalist beauty regimen, with basic and specific advice. Many books of this type merely scratch the top, but this one runs deeper and delivers even more than what it claims. Personally, I'm not really unhappy with how I appear;. Many good suggestions about products (by name) and techniques, but the homemade products were less successful for me. At around 400 webpages of heavy graphic paper and after a few months of browsing and night table reading, the addresses are somewhat worn at the corners and the side is a little bit creased. Volmar REAL LIFE Beauty! This book was the perfect solution. The Locks section deals with the basics of hair treatment, coloring and design (from cuts that in shape the shape of that person and body to design solutions for ideal hairstyles). The author frequently identified the minimal function she believed necessary to keep your body healthful and looking great. Includes special assistance for various kinds of skin and skin tones, different hair shades and textures, eye styles and colors, body types and beauty methods (from cleansing gel to medical procedures). Another high point was the help the author provided picking products to use. The pure quantity of foundations, shampoos, or eye shadows can be pretty overwhelming. Fortunately, for most of the merchandise types the writer recommended using, she also acquired lists of the precise products she'd recommend for different hair or skin types. This would have been more helpful if they were rated by quality since the prices varied broadly. However, since I'm not interested in spending a lot of money on beauty products, this was still a good way to find inexpensive but quality products. Every section tells you everything you need to learn to create and customize your very own beauty regimen for each part of the body. The author also provided general guidance for particular skin, hair, and eye colors which was a nice method of simplifying some of her more complicated guidance. This books uses the faces of everyday folks--warts, wrinkles and all so that you can clearly see that makeup can be an improvement--it won't fix many years of bad decisions and deterioration. Just remember that it's a reference and a how-to guide, not a book to be read cover-to-cover! Mostly though, this publication is just not meant to be read straight through. It wasn't something I found particularly exciting reading and I even skimmed a few of the less relevant bits. This isn't much of a weakness though. In some instances, I felt the writer dragged out saying stuff and she definitely included more pleasurable facts than I really wanted. The practical beauty advice you're waiting for.. Not everyone can spend \$\$\$\$ on Creme de la Mar although I'm sure it's completely value it--but so can be my car! If the great illustrations and paper quality doesn't make you fall in love with this publication. The book is divided in three sections that cover: The Face, The Hair and YOUR BODY. Then the information within the publication, the author's use of personal experiences to illustrate particular factors and the vast amount of practical advice so that you can try out will. If the easy-to-make use of index and cross-referencing doesn't cause you to come back to it for endless checkups and casual browsing. THE FACIAL SKIN includes details on the fundamentals of cleaning and caring for your skin, the benefits of facials, assistance on aging-skin and approaches for choosing and applying makeup. What really made this book useful was the distinction between "essentials" and extras. In your body the author explains the many rewards of bathing and the treatment of hands and foot, and gives you the inside scoop on spas. If you wanted to identify the very best though, you'd have to try them. Since that's exactly what I'd like to do, I came across that incredibly helpful. I think I've go through and owned them all -- all the books about beauty and make-up application. Interesting fun treats will be the timelines in beauty advancement by the end of each section, in which a large amount of interesting and curious tidbits about beauty abound. The only problem the book has may be the soft cover binding. Regrettably, I've never really had either the desire to spend time learning or a natural inclination for such things. I made three of the masks and they were awful--just a waste of meals. Obtain it in hardcover when you can afford the cost.--Reviewed by M. Thanks for a smart beauty book that will require more than an evening to explore! And it's still not really something I want to spend a lot of time on. Lots of detailed info on skin and hair care, and makeup techniques and style. If the author's knowledgeable-without-being-patronizing and pleasant tone doesn't make your reading fun. When compared to amount of relevant information content, this book was quite long.

Some people just seem to know these exact things naturally - my sister, for instance, seems to have everything figured out - whilst some have a mother or friends who instruct them the fundamentals. Buy this reserve if you would like to start enjoying the benefits that the knowledge of the basics of beauty can offer, and want fun simultaneously. One of the best books out there for all purpose beauty/hair/makeup info. The best of beauty books! The accurate and up-to-date item recommendations enable you to easily find tried-and-tested products and worthy splurges without needing to proceed through innumerable tryouts, and her explanations on product substances enables you to make an initial elimination of severe or unfavorable services. This one is the better to date. enjoying well Excellent information for women I purchased this as a gift because the one I've had for a long time serves me thus well. Like wishing to become more creative, I suspect that desperate to become more beautiful is very common. Workman's books are usually works of art, which one is certainly no exception. E.) Four Stars Very informative, this is a read multiple occasions type of book. Wish more beauty books were like this one, but we don't need more after this one (apart from an updated edition, ideally, when the future calls for it! Five Stars book as described, no problems Great seller! The merchandise was as described and the shipping was fast. Five Stars all great. It really is well-researched, authoritative, and packed with useful info for the sharp customer who would like to look her best. So many occasions it seems beauty editors are overly influenced simply by the hordes of totally free samples they get from obscure/expensive make up/hair companies and they forget about us real folks. First got it quickly. I bought this as something special for my daughter and .. This is the most complete, fun, practical and informational book about beauty that I've ever read. I bought this as something special for my child and she loves it. I came across myself attracted to it for it's beauty wisdom and quality recipes for masks. I learned a lot I learned a lot, and I use the techniques everyday. Really worth the money so I recommend this and now I'm using up word. Good It was cheap and used so I wasn't expecting very much. Recommended it highly. it's even more that I want I knew more ways to do my locks when compared to a pony tail, could put together outfits that look like I simply stepped out of a catalog, and had some idea the place to start with eye make-up.. This book is a bit dated, but I'm happy



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