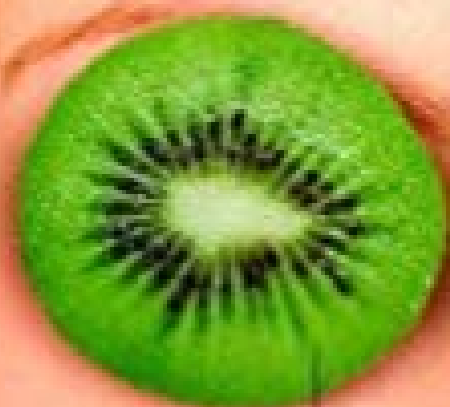


# FAST BEAUTY

## 1,000 QUICK FIXES



*Kiwi soothes the eye and decreases puffiness*  
PAGE 116

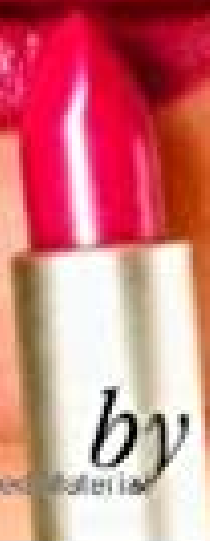


*Use a spoolie to comb through clumpy mascara*  
PAGE 7



*Remove excess make-up with a clean brush*  
PAGE 57

*Opalescent lipstick makes the lower lip look fuller*  
PAGE 58



*by* Rona Berg

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Rona Berg

Fast Beauty: 1,000 Quick Fixes



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Rona Berg has learned that sometimes women have dry epidermis. Or tired eyes. Or a pimple. Or limp locks. 20-second face," Indexed by problem and alternative, Fast Beauty is indispensable, filled with the kinds of advice, concepts, and help that sell an incredible number of women' and models' beauty meltdowns, and learning insider details from a huge selection of consultants and make-up artists, Ms. Berg—author of Beauty: The New Basics, with 122,000 copies in print—presents up the very best 1,000 tried-and-true guidelines. Drawing on years of within the beauty market, working behind the moments at fashion shows, repairing actresses' Anti-stress tips. Spa ideas.s magazines a month. The " And mainly because a beauty professional, she knows just what to do about it. A full chapter shows how exactly to resolve beauty pitfalls caused by hormones at all levels of life;if your face is tight from too much sun— the " Innovative remedies: Rub essential olive oil into dry cuticles to soften them;"five-minute face. And for every active businesswoman, it tells what magic pill to use when heading into a significant meeting direct off the red-eyes— to tighten the facial skin temporarily, apply tomato juice (preferably fresh-squeezed) for 10 minutes, and for the invert—the two-minute face,"apply natural yogurt to your skin and leave about for 10 minutes. " another deals with various problems due to training. use honey to get rid of a pimple immediately;or heading straight from the office out on a blind date.



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Excellent General Make-Up Book A fantastic all-around makeup book, good for the newbie, and for those wanting to dive just a little deeper into their pantry for beauty and skincare benefits. Can't Wait around to Try Them Out! Berg targets natural cosmetic ingredients and how they could be used for skincare. She also shows how to do that person makeup in 30 seconds, 2 minutes or 5 minutes, which for me was worth the cost of the book alone. I would consider this reserve if you're unclear about your constitute etc. She's product recommendations and she's a list of natural ingredients you can use to make your own products in the home, and in addition what products available carry natural ingredients. Like for example, unless you want your skin pores blocked by the sweat during your work-out at the fitness center, wash off your makeup. In case you have dabbled in the everyday uses of make-up, but want to be more polished, more of the time, buy this book. LOVE this book. I will be buying everybody copies for Xmas. Nice lazy read As many ladies I know, I've been searching for some kind of miracle book that will tell me how to look perfect. We ran into this reserve at my local Barnes and Noble a couple of years ago and I wanted it but didn't end up buying it thus when I came across it on here We snatched it as soon as I could. The beautiful thing about this book is it is for ladies of all ages going through all of this different phases of existence and even includes items that can be useful during pregnancy, after being pregnant, for the kids and the men in our lives. That is a book that should be sitting on every woman's nightstand. WHAT A FIND ! Very Handy!!! I appreciated reading it. Yes, like others mentioned it contains some ideas in the category of "duh", but I've found just a couple of to even notice! When you have reached adulthood without touching an applicator, sponge, or brush, and also have a high-powered conference to wait, buy this book..for my age, ahem. Of course, it is much, very much harder than it utilized to end up being but I believed I knew all of the methods.. This great book by Rona Berg is usually chock full of an array of suggestions and fixes for therefore many small beauty foibles that each time I choose it up, I am finding some tip I had never heard of or thought of before.. MUST BUY! My showed it to a few friends and my sisters who all borrowed it so much the pages started to fall out. This is not that book. It is a good easy read for just one of those days at the beach when you wish something entertaining and mildly beneficial, but there are no earth-shattering secrets. A complete guide for anyone who has simply no clue what they're doing. Bottom line: only buy if you are not on a shoestring spending budget and are okay with paying money for some cool tips. Ms!!! This book is amazing! I'm a self proclaimed beauty junkie, so any suggestions, tricks, and facts about makeup have my interest! I've skimmed through it and can't wait around to try all of the ideas and ideas! I'm specifically gonna try the end about using white eyeliner to give myself french tips, even though I'm not preggers. I'm simply super clumsy with regards to nail polish, so anything to make it easier works. The "Fast Face" chapter (Chapter 2) is especially helpful if you're seeking to lose fat your beauty routine. If your daughter/femininely-inclined son/other gendered teen is dipping in to the world of make-up, buy this book.! OK, I am 71, but I still prefer to look good. Entertaining I really like this book in general. FAST BEAUTY: 1,000 Quick Fixes This reserve is just a little gem. There are particular sections on beauty for 'tweens and teenagers, the family, including men, women who expect and older women.. Not so! I am buying this for my daughter and granddaughter and recommending it to all my friends... Offers organic recipes that are simple to use and very effective. I like new information which makes me wonder how I haven't thought of it before myself. And being a blogger, some of those tips have given me concepts for blogs and further research.. the book overall offers been good and gave myself some good ideas This book has many short tips, and although I knew some of them, the book overall has been good and gave me the right ideas.! A lot of things I already know, but almost always there is a few new what to pick up on. To the seasoned veteran of make-up, self-spa, and quick

fixes, this publication might carry a couple of tips you didn't understand. If, however, you haven't been immersed into the globe of femininity, this reserve is incredibly useful. Anyone who is a make-up junkie will certainly appreciate this reserve!. Overall I found it to be a very helpful, informative reserve. It has more than just makeup methods. There are natural remedies, discussions of maturing, etc. Though it's marketed towards the heterosexual mom of two-point-five, it's probably got enough tips and tricks to satisfy everyone. Except the original makeup artist. interesting and informative. Five Stars book as described, no problems I must say i enjoyed it. You understand this stuff. nice one like it a lot actually, it was an excellent book that really offers you great quick fixes i would recommend it Great reserve!! She's a big fan of concealer. It's fun to read if you're thinking it would be just a quick refrence. I must say i enjoyed it. Good information and ideas to care for yourself. However, many of the suggestions were a complete discovery to me.



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