

KISS



The greatest guides ever!

GUIDE TO

Beauty



- ✓ **LOOK** and feel great, whatever your age
- ✓ **LEARN** how to use makeup to create a new you
- ✓ **DISCOVER** treatments and techniques to make your skin, hair, and nails glow

Foreword by **VICTORIA MORAN**
ACCLAIMED AUTHOR AND ADVOCATE OF WOMEN'S WELLNESS

STEPHANIE PEDERSEN



KEEP IT SIMPLE SERIES

Stephanie Pedersen

KISS Guide to Beauty



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Kiss the competition goodbye! Discover why it is important to guard yourself from the sun's harmful UV rays. Written by leading professionals, each book includes full-color photographs and illustrations throughout, making these the 1st and only truly accessible guides for beginners. Polish up on your nail know-how with this guidebook to glamorous nails. Treat you to ultimately homemade beauty remedies, including face masks, exfoliators, and conditioners. The KISS format is made to help visitors build confidence right away, and learn steadily and completely to the last page. Know how to manage, maintain, color, and transform your hair. Learn the risks and procedures involved with cosmetic surgery. Brighten up your daily life with DK's KISS Guide to Beauty. The Keep It Simple Series may be the new standard in how-to books! Learn why much less stress, more sleep, and healthier food are vital for looking and feeling great. Discover the essential to glowing and healthful skin, from your teenagers through your sixties and beyond. Much more than introductions to numerous subjects, these inspiring and innovative books are the ones that readers can trust!



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Wonderful book, very practical, excellent advice I quite definitely enjoyed this publication, and learned a lot from it. I heartily recommend it! The reserve goes much further than most beauty books do--discusses things such as how to create a beautiful "persona" and is beautiful look at as well. I like the K.We.S.S.! It has a lot of good information in it.I also have the K.S. well-organized & Guide to Pounds Loss, too. I would recommend both of these and think their other books in the K. (I purchased this and Pedersen's various other book, KISS Instruction to Planning for a Wedding, simultaneously. love stephanie's talent My favorite beauty book Having read many beauty and "improve your lifestyle" type books, I feel qualified to state KISS Help to Beauty may be the best I've run into. Like another reviewer said, I love that there is also info on creating a lovely existence and an aura of beautifulness. series will be worth looking into. The book was so filled with smart tips that I could concentrate on those ideas that were going to actually make a difference in my own looks, while staying away from those which werw a waste materials of time and money.I.) It worked. Love this book I bought this publication to whip myself into form for my big day.S. best ever!!!S.! written in laymans terms to get you the very best help!! researched; Information to Beauty.S. Great information given in an entertaining method (Pedersen can be extremely funny). Great Beauty Book!



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