

"Get on track
with easy tips from
dermatologist
Ellen Marmur."
—*InStyle*

EVERYTHING
YOU NEED
TO KNOW

Simple Skin Beauty

Every Woman's Guide to a Lifetime
of Healthy, Gorgeous Skin



Ellen Marmur, MD, with Gina Way

Ellen Marmur Dr. and

Simple Skin Beauty: Every Woman's Guide to a Lifetime of Healthy, Gorgeous Skin



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What if a respected dermatologist just happened to be your very best friend and you could ask her anything? DR. You' As a skin cancer surgeon— Filled with Dr.Dr. Marmur offers treated thousands of sufferers confused about sun safety, cosmeceuticals, and antiaging techniques. • ELLEN MARMUR, a world-renowned NEW YORK dermatologist, answers all your queries with this extensive, cutting-edge guide to healthful, beautiful skin.ll obtain answers to important questions, such as: • What's the difference between sunblock and sunscreen, and which elements are the best? • s passionate expertise, Simple Skin Beauty is the definitive, go-to handbook for protecting your skin layer at any age. • What's the best face cleaner and moisturizer for my skin? • What, besides plastic surgery, might help my sagging neck? She believes that you'll require just three fundamental essentials for gorgeous, healthful skin and will be offering refreshingly accessible answers to issues like pimples, dry skin, wrinkles, and more. How do I understand if this freckle is usually skin tumor? • Which antiaging products truly function?m considering Botox, fillers, lasers, or other techniques? Marmur' What must i ask my dermatologist if I' and a epidermis cancer survivor herself—• Will drinking a whole lot of drinking water make my skin look better?



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A complete guide to skincare..Here are some interesting points you will find in her book:1) The bare essentials: Your facial cleanser (p.90).69), and Sunblock vs. sunscreen (p.79). Great book aswell. (p.89)3) How do you have to adjust my daily regimen for my dark (African-American) skin? (p.59), Your facial moisturizer (p..109).5) Five shocking facts about epidermis cancer (p.!276)7) Conclusion: ".. Its a straightforward read, and has extremely good information . Attempting to look attractive (your individual best) is a healthy aspiration, and this psychology of beauty is certainly powerful, but it needs to be personal. The products you select should become what your skin requirements (or an indulgence you desire), instead of something you are pushed into purchasing... I'm very pleased.354). Simple Skin Beauty As a dermatologist, I frequently discourage my patients from buying most "self-help" books that are intended for everyone because so most of them are either oversimplified or overly complex. Most give limited, and, sometimes, misleading information. i acquired this book because i am extremely interesting is this subject, but wow! Simple Epidermis Beauty: Every Woman's Guideline to an eternity of Healthy, Gorgeous. It recommends sensible and economical OTC items, assumes and clarifies many confusing subjects such as the analysis and treatment of skin malignancy. She cuts through many of the myths of skin care treatment. THEREFORE I can't say much about it Five Star Simple Skin Beauty Interesting reading. She is not selling any miracle potions or cures; Extremely satisfied!!I could honestly say this is simply no less than the best possible and most objective layperson's publication on skin care.! I'll have many copies in my waiting room. It's actually an enjoyable and beneficial read. This book will save you a lot of \$\$\$ on beauty products. Helped A lot This book is wonderful for individuals who want good skin, but don't see a dermatologist. After scanning this publication I applied the concepts and got healthier epidermis that is optimal in looks and health (if you don't have a lot of money and can afford more complex techniques .. This book addresses an excessive amount of and too little simultaneously.! I quotation from it: "by scanning this reserve, you have virtually spent two weeks with me in my own practice". I feel that is not an inaccurate description of how I experienced after reading the publication. Interesting Interesting, I guess.If you're searching for a instruction with practical, simple information, or if you have been confused about the different messages you get from periodicals/articles, I would recommend this reserve.Dr. Dr. Ellen Marmur talks just like a normal female who is actually smart and educated. She is a skin doctor and has the knowledge, both as a health care provider and as someone with skin herself. It does for skincare what "Woe is I" does for English grammar. rather, she's written a completely objective evaluation of all legitimate treatment options available.!161)6) Difference between miracles and advertising (p.2) MAY I use my wife's skincare products? The product arrived extremely fast. It was in great quality!!!" (p. the book is great. I was extremely motivated to understand about the skin, and this book is just the proper manual.It was highly recommended by a friend so thought I buy and read it then donate it to the neighborhood library.! Everything I ever wondered This book answers almost anything I have ever wondered about skincare.. Also includes names of products. Goodheart is the author of Goodheart's Photoguide of Common Skin Disorders, Diagnosis and Management and Acne For Dummies. Five Stars This book came in completely new!"Doctor Marmur's book, "Basic Skin Beauty", is an agreeable, easy to comprehend, humorous instruction that explains ways to get rid of your complexion.4) How to browse a label (p.. Ellen Marmur It's great and provided lots of useful details. I intend to use the info in my fashion and image training business.Thanks Boring alert I am Not really a picky reader at all, i read easily almost anything. Many adopt a self-serving manner, selling items or trying to verify that their perspective is the latest "cure. This book was

okay, not keeping it I had expected more. This publication is like your pocket doctor. i could not enter it regardless of i hard i tried! and she discusses that).! i have one term for you BORING!! It'll serve as an invaluable resource for my individuals and for me personally as well. Haven't read it yet It may be very informative and helpful, but I haven't go through it yet. Readers will learn which treatments actually work and which are wastes of money. Goal and wonderfully honest, Doctor Ellen Marmur clarifies topics that might induce us to confusion.. Just how is written is so good, exciting while learning.!. Overall it wasn't very useful to me. I came across info in direct conflict with things I have read by additional dermatologists also. Every one has their personal opinion, but this doctor speaks alone of all of the issues she is at odds with others on. The most prevalent factor she speaks of, in fact it is repeated so often there is no question, is the have to put on sunscreen. Unlike additional authors though, she in fact does let you know why and in a manner that makes real practical sense that I went and bought and usually now wear sunscreen though it is winter season. With that being truly a big point with her, I must say she was successful in getting someone else to wear it.



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