



Secrets
from Japan's #1
best-selling
beauty
consultant

THE JAPANESE SKINCARE REVOLUTION

How to Have the Most Beautiful Skin of
Your Life—At Any Age

Chizu Saeki

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The Japanese Skincare Revolution: How to Have the Most Beautiful Skin of Your Life#At Any Age



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and much, a lot more. The Japanese Skincare Revolution is the first guideline for women of most ages and races who want to have beautiful pores and skin just like the Japanese, and don't want to invest lots of money on cosmetics and remedies to achieve it. Writer Chizu Saeki is a practicing aesthetician and beauty consultant whose fantasy is to teach ordinary ladies how to be more beautiful. a moisturizing treatment for keeping the skin refreshing and lustrous; Her books have sold more than 3 million copies in Japan, and the revolutionary concepts presented in this quantity have won the approval of pores and skin doctors within Japan and out. By pursuing Saeki's best-offering skincare name, and her initial to be translated into English. This is a distillation of all of her most essential techniques. In it, visitors will be presented to the lotion mask — To the end, she writes books, teaches, and tours Japan, providing demonstrations of the techniques she created over a career spent in the beauty industry.s tips, every woman will quickly realize that it' lymph massages for draining poisons and improving blood circulation; natural, no-nonsense remedies for wrinkles, sagging, oiliness, pimples, and blackheads; "warm treatment" and "cool care" for soothing the mind and body;Throughout the book, Saeki calls on the reader to use her own hands to touch and treat her face, and her own eyes to judge what her skin needs.Japanese women are renowned because of their beautiful skin, but as yet there has been zero book in English that reveals the secrets of the normal Japanese beauty routine. water massages to energize your skin; She qualified prospects her toward a wholehearted skincare routine that will possess her complimenting herself as her pores and skin responds.JAPAN Skincare Revolution is Saeki' hand approaches for toning the muscle groups of the face;s possible to possess beautiful pores and skin at any age group — without spending a lot of money.



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Wealth of details, and it appears to work I purchased this book within a New Year's resolution, to do something approximately my appearance on a monthly basis. I do admit, I am have used solitude and meditation for a long time.. There is nothing either specifically Japanese or revolutionary about this book. Starting March now, and... thank you Ms. Not bad at all as they seem that they can last for a while. And I did experience empowered after reading that it is not so very much the product, as the way you apply it (anybody else having still left a brand-name stand at the mall half depressed after hearing the costs?)- I am slowly adapting her ways to my schedule. Four Stars Good advice Five Stars Very very clear and well crafted book... so one small step at a time.- My primary complaint about the reserve: I am much less good at learning from photos, I fully prefer videos! I'd have gladly paid for a DVD demonstrating her therapeutic massage technique (yes, I can follow from the publication, but I don't know for how very long to hold a stretch for instance). And that's the reason I deducted a superstar (but maybe it's my very own stupidity there).- What has changed in my morning routine: I gave up on her massage routine, but I found a video on youtube about Tanaka face massage, which appears to be closely related. It's a 10 minute lymphatic (sort-of) facial therapeutic massage. Pursuing that, some minimal exercising - rebounding to obvious the rest of the lymphatic system, and then, after showering and facial cleansing, put on the serum, do something else for 5 minutes to allow it get absorbed, and then prepare her lotion mask. This is a waste of money VERY BASIC. I believe that the information in the publication is totally worthwhile for someone that is not a skincare expert, and would recommend this publication. put a shower cap on top, and keep it on for the duration of my morning hours meditation practice (before you request, I get up at 5:30 am, so all of this, including my daily yoga practice is completed before 7 am).The results: one month into this practice, my forehead wrinkles possess almost disappeared, the good lines within the eyes are getting better and the couple that were on my neck are improving at an instant pace. a sick addiction to cosmetics that we find today. Yes, it takes effort and period. But then, so does working out, or dieting - no magic pills there. I believe the price (of the excess products, so no direct criticism on the publication here) is quite reasonable for the outcomes that I am seeing, no complaints there.. And I would certainly buy a Dvd movie if it ever came out :) not really the book for "skincare addicts" to begin, this is not the book for self proclaimed "skincare addicts" that dedicate an severe period of time scouring the marketplaces online and locally wanting to buy every products on their search for adobe photoshop-esque ideal skin. They also test on pets, which I'd rather avoid. Saeki's philosophy on beauty and skin care is to embrace minimalism & Cleanser, scrub, toner, dampness, sunscreen and basis. an emphasis on making use of the hands to enhance cosmetics & the fitness of your skin (e.g. warming up products before software & daily lymphatic massaging of the skin to accelerate blood circulation & ultimate gratitude (positive attitude) in the arsenal of a well rounded skin care routine. awaken the complexion), an excellent diet & that is completely antithetical to the american philosophy on beauty which breeds consumerism & To put things in perspective, I'm going to be 42 in a few days. This is her first publication in English Jury is out Less about products and more about facial massage, that is good, but We was a doofus and did not read all the reviews. Great & protect against Ultra violet rays) but simply for the general wisdom that I can apply to my lifestyle, this publication is golden.- To begin with, there have been some extra costs connected with it: for the first month's adventures, I went with an organic non-alcoholic beverages centered lotion and serum, some fancy cotton pads, plus some shower caps, amounting to roughly \$40. Saeki for this pleasure to learn.:) I truly love this book. Followed suggestions about Japanese lotion in fact it is awesome. The writing has spent the required time in the us, so her recommendations are available in any American skin care book. There is nothing either specifically Japanese or revolutionary about this .. This is not a quick five minute routine. which

book was February's task. Added this one step to my skin care in fact it is making a real difference. Her use of the "lotion" may not be what we are familiar with. We think about heavy creams and lighter lotions. For the efficacy on my facial pores and skin, the jury is out. I wanted something specifically Japanese. Her suggestions include Dior, Este Lauder and Clinique. Well, all of those contain poisons, and endocrine disruptors - which I'd rather prevent. Ms. For the present time. I've learned that people should focus on taking care of our skin rather than paying an excessive amount of on buying costly make-up items to cover it up. quality with regards to the cosmetics and to dismiss the neurotic chase for perfection. I would suggest this book. I would like to simplify. Not complicate.. That is one nugget you won't find in standard skin care books. Both do provide a youthfulness overall. I really love her skincare routine I must say i love her skincare program, it's a little time-consuming but that is what you need to do to possess a good skin. Depending on your kind of skin. the practical advice doesn't exceed what we don't already know (cleanse well, moisturize & healthy bare skin is the accurate beauty.. I'm fifty four and some of these techniques are very best started a lot younger. Look on the web or youtube for simple face therapeutic massage and save your money! Wonderful! Slightly new perspective in skin care Really enjoyed it, extremely informative. I've experienced to go back and reread so much of it simply to make sure I remember everything. Wonderful! I'll report as I try it and go more in to the book and it's really lessons. Lots of money saving suggestions. Some of the methods are time consuming but worth it. Nothing she suggests is costly. Really knowledgeable article writer who I am aware has been very well known in Japan for many years. the pictorials in the publication don't do much for me personally & It's an excellent reserve, but I am just likely to spend this amount of time on my encounter a couple times weekly. While the book claims her aim is to cut back on product usage, she recommends anywhere from 5 to 7 products two times per day. I may change my mind in the future, since it all heads south. This is a waste of money. What she calls lotion is normally considered toner. :) Great book Great reserve.. It, like Korean Skincare, although different, needs many steps. Which does appear to work nicely on others. Once again, the more I check it out, I'll keep you updated. Probably a couple a few months. I found the amount of information to be overwhelming for someone not as versed or previously thinking about skincare. One Star Not what I expected. Returned it. Five Stars Lots of good information; With the addition of masks, therapeutic massage, solitude and meditation.



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