

P A U L A B E G O U N



# THE **BEAUTY** BIBLE

From acne to  
wrinkles and  
everything in  
b e t w e e n

Every woman's skin-care  
and makeup application guide

Paula Begoun

## The Beauty Bible: From Acne to Wrinkles and Everything in Between



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Offers beauty assistance for women, including details on body care, nail care, medication, sunlight protection, health treatments, laser surgery, and face lifts



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Great info, worth the price I'm a woman about to switch 30 and I am suddenly worried about my skin, wearing make-up, etc. Being completely ignorant about these issues I decided to pick up a book on it. While the title "Beauty Bible" is a bit misleading, it really is jam-packed with well-written information focused primarily on skin care, followed by makeup. I will not buy cosmetics or skin care without checking her publication "Don't Go to the Cosmetics Counter Without Me". which are also important the different parts of beauty. It will dispel therefore many skincare myths and point you in the right direction. I am actually experiencing reading it. For those of you who love reading exposes on various industries, this is an excellent publication on what the cosmetics industry separates women from their money! That said, I think this is a wonderful publication. Needless to say I have to explain that Paula puts herself for the reason that place (taking your money) - in the event that you head to her website you can purchase her skincare and makeup products (among other things) and a subscription to her newsletter. However if anyone's likely to make money off of me, it might as well be a well-meaning businesswoman on her behalf crusade for cosmetic truth, and not a heartless company that bases its products on marketing instead of effectiveness. Full of great information Some reviewers have mentioned that book is just a rehash of Paula's other book, *Blue Eyeshadow Ought to be Illegal*. I've usually had acne, actually into my adult years, but listening to her advice has helped reduce breakouts. I desire I had this publication when I was in my own teen years and I tortured my epidermis because of my acne. If you already have *Blue Eyeshadow* you might not be thinking about this book, since large elements of *The Beauty Bible* are similar to it. You can be inoculated to all or any the hype the cosmetics companies throw at you. Paula explains why magazines will by no means give a genuine critique of beauty products (they can not say anything bad and risk angering the cosmetics companies who advertise in their pages). Anyway, better late than hardly ever. My cystic pimples is now gone thanks to her advice and items! (By enough time the "natural" elements are extracted and bottled, there is hardly anything "organic" remaining in them.) She explains how toners/astringents & most items that supposedly help pimples contain extremely irritating ingredients that can make your acne worse. Her extensive study saves us all the trouble of trying to find out if the "fad" facial cures function -- I wouldn't possess known about AHAs and BHAs without this reserve, and I certainly wouldn't understand why and how exactly to use them. I didn't usually trust her opinions about make-up, but it's still refreshing to discover someone willing to speak out against the downright dishonest promises made by cosmetics companies, also to educate us consumers. Every girl who uses cosmetics or skincare products should read this book, and also *Don't Visit the Cosmetics Counter Without Me*. These two books can pay for themselves if they save you money and time. You'll learn to be a smart customer and see right through the advertising hype and ridiculous claims that the cosmetics businesses would have you believe. Homework Done Every woman should own this book, written by a consumer reporter who has nothing to get from the cosmetics industry in response to her publication. At least, nothing positive to get from the field! She's had her talk about of nasty letters from cosmetic companies that want to sell women (and guys) a large amount of bunk based on sex appeal and fear of looking too old, too young, as well wrinkled, having too many blemishes, not really being sexy enough ... Very great read for beginners. Paula gives knowledge that beauty will not come in a bottle. Yes, it could obvious up your skin, but at what price to the within of the body? The name switch reflects the fact that, in addition to presenting information on cosmetics and skin care for the face, it has info on body care as well. That is somewhat true because technically *The Beauty Bible* is usually a revised/updated version of that book, simply with a new name. She also includes a lot of details on skincare and

makeup application. She saves an incredible number of women lots of money! Technical, repetitive, plenty of information I have to agree with one of the other reviews--this is basically her other books but without as much editing--the book is VERY repetitive, to the main point where it's hard to read more than a couple web pages at a time. I only desire someone had explained that before. She explains how most moisturizers are the same, and how any promises they can lift, company, or tone the skin are a bunch of BS. I found Ms. It's rather boring. The study she has manufactured in beauty products is very thorough and informative, even though colors she recommends certainly are a bit as well drab for my flavor, but, I'm nineteen, so I can still escape with green nail polish and body glitter now and then. Thank you Paula, for assisting me save my hard-earned bucks rather than throwing them away in hope-in-a-bottle scams. Sound tips for skincare and cosmetics alike The Beauty Bible may be the first book I've come across that explains epidermis types in a lot more than just the most common 'oily, dry, combo, acne-prone' categories. The Beauty Bible has excellent skincare advice. Although I buy into the author's insistence on diligent sunscreen use and her statements about the beauty market luring us in with false claims, I'm somewhat dismayed by her undertake what's "good" for the skin, and what's "bad"! She also touches on topics such as for example teens and makeup, cosmetic surgery and permanent make-up, all with a common-sense attitude. She tells it enjoy it is Yes, it really is true that there surely is no such thing seeing that a miracle beauty product, and there's just no stage on wasting your money in slick, pretty-packaged stuff that claims to be the solution to any issue you have. I really do believe the book could possibly be summed up in several sentences and the rest of the hundreds of pages are just reiterations and good examples. I didn't find anything new (and for that reason useful) in the book at all. Begoun's assistance most useful, although she focuses a bit too much on the age 40 plus group. the list continues on! I have go through it and I believe it's good however, not well worth 20 \$ in my case because the degree of my skin care knowledge is higher , there was nothing in this reserve that I did not already know. I wish I could have browse it when I was 15 , in that case it would have saved me from making a whole lot of mistakes. I have learned so very much about skincare and saving money! Well Worth the Money I have this reserve and two others of Paula's and highly recommend them. So, I strongly suggested for people that are looking to know more about skin care. This won't let you know anything about exercise, healthy diet, etc. Begoun provides simple, in-depth advice on sunlight protection, skincare routines to fight acne, hydroxy acids plus much more. She explains why so-known as "botanicals" or "natural" products haven't any special benefits for the skin and are just used as a online marketing strategy to make products seem more interesting or glamorous. This book is for people who are scared to loss of life of growing old, feeling "ugly", and who surrender to our current standard of "beauty" by the media's description. Begoun for the excellent information! The makeup application instructions are the most comprehensive I've ever seen. Beauty "Bible"? Hardly. As an aesthetician I received two copies of the book as presents from friends, and that was two copies way too many. Thank you Ms. Her chapter on make-up begins with how we experience valued as human beings if we look great. If that's the case, get counseling, not makeup. Her smart advice will save consumers money and her skincare plan may be used by ladies of almost every skin type imaginable. Using her own personal OPINION, she statements that aromatherapy natural oils are irritants (neglecting to say the scientifically proved therapeutic effects of essential natural oils, and composing them off as simply "fragrance"), however raves about Accutane, a damaging, extremely harmful substance. I love her suggestions on taking care of skin. Her step-by-step make-up application is frightening at best. In the event that you look like a completely different

person after make-up application,(as the author does)then you've applied far too much.



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