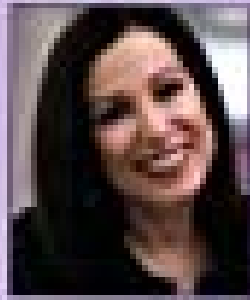


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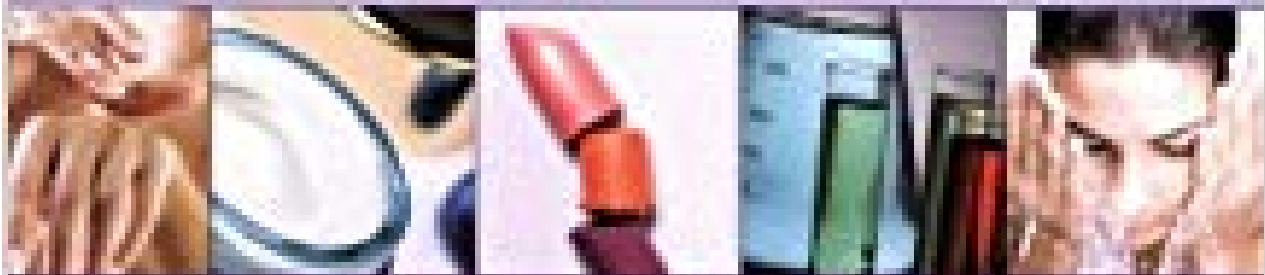
**PAULA BEGOUN**

The Cosmetics Cop

Best-selling Author of  
*Don't Go to the  
Cosmetics Counter Without Me*

# The Original Beauty Bible

Unparalleled Information for  
Beautiful and Younger Skin  
at Any Age



**3rd EDITION** Completely Revised and Updated

Paula Begoun

## The Original Beauty Bible: Skin Care Facts for Ageless Beauty



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s the ultimate guide to wise beauty.s most comprehensive book yet. Exhaustively researched, this refreshingly honest guide cuts through advertising hype to educate consumers on all aspects of beauty, including how to assemble a state-of-the-art skin-care routine, choose a cosmetic cosmetic surgeon, and apply makeup such as a pro.The Ralph Nader of Rouge.s popularity as &#147; Covering the most significant topics in beauty in a factual, no-holds-barred manner, and filled with money-saving tips, The Original Beauty Bible affirms Begoun' It offers the most recent research and details on every imaginable cosmetic innovation, with a particular emphasis on skin-care substances, and explains the professionals and cons of most types of cosmetic surgery and corrective techniques within an engaging, easy-to-understand style." For readers of all ages, it'The all-new third edition of THE INITIAL Beauty Bible is Paula Begoun'



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Insightful, could possibly be better organized I'd heard vaguely of Paula through the years in women's journals but had never read any of her books. bad, is a big impact in selecting what I put on my epidermis. This February I asked an acquaintance of mine what cleanser she used with her Clarisonic encounter brush because her skin appeared great. She explained she used Paula's products.! My acquaintance urged me to learn this reserve, saying it had totally transformed her beauty outlook. Despite the fact that I don't totally succumb to her advice, my view on beauty provides totally changed because of her. However I'll echo others' calls for an index.Paula's tone is chatty, but also no-nonsense, just like a stern aunt. She relies mainly on peer-reviewed analysis whenever you can, and tries to explain such research in simple English. This book provides been teaching me how to purchase beauty skin products and makeups, etc So i am not longer wasting my money buying face or pores and skin products that do not function at all. i'd have gone on damaging my epidermis had i not really read this reserve.Altho' We thought myself a canny beauty customer, Paula did surprise me several times, and We confess We learned some considerations. She did not do testimonials but I browse her various other books she recently published and yes she does recommend her very own products series but admits she could adjust some points on the line. She explained that witch hazel is in fact also an irritant, but stops itching by causing hook distractive itching that fools the nerves. She argued that the witchhazel was only continuing the irritation in the long run.It was hard to give up my witchhazel, but I confess that after 3 weeks, a lot of redness did go away for the first time in many years. Also, I really like the scent of lavender, but Paula pointed me to peer-reviewed study displaying that in the check tube, lavender oil had actually been proven to kill epidermis cells, therefore harming the natural skin barrier and leading to sensivity. I was shocked, but did use the internet to find the research and was convinced.Today I've stopped using lavender items, and again, I must confess that after 6 weeks without the lavender products, my pores and skin will seem less sensitive. I really do wish however she spent more time on rosacea and couperose, though.Not that I'd say Paula's perfect. In here she goes over the organic cosmetics market and shows she is open minded to the theory so long as its helpful to the skin. nude" period. Also her section on lasers, aesthetic fillers and Botox could possibly be more in-depth and up-to-date. Very informative Paula's efforts to teach the common cosmetic consumer about simple skincare, and how to filter out what is good & She is honest and admits that she experienced some little complications with her personal filler experience, nevertheless.Also, she doesn't often take allergans and hormone-disrupters seriously enough. Keep in mind as well that she is the only range that re commends additional brands. I have already been following her tips for years now and have great skin! Therefore sometimes I want she were even more skeptical on these factors.However I'll say I was impressed enough with this reserve to sample Paula's products and to end using lavender, witch hazel, and any kind of alcohol. Her assistance has actually improved my epidermis, and her products are better than the "elegant" products than I was using - I have to confess. i don't have sensitive skin, therefore astringents and harsh items like that didn't bother me as much as other people. Great reserve to get advice on basic skin care Great publication to get advice about basic skin care. But of course you can find legitimate questions as to whether the government requirements are rigorous enough in light of recent science and if even these minimal rules are adequately enforced. I love her. I didn't know Paula had a line of products or books at all!! She doesn't get into enough detail on these, and doesn't mention all of the downsides. I experienced the general impression that she was a crusader for truth in beauty advertising. If you need to learn more about skincare, gather more insight into substances, and keep yourself

well-informed further so you understand how to make wise cosmetic purchases, then add this reserve to your collection. I don't think it's the only reserve needed, and because aesthetic manufacturers are continuously changing what they make and sell, her product recommendations are outdated. If you are just looking for direct recommendations, don't bother, you will get shed in the lengthy discussions and end up receiving frustrated with the book. Check out her cosmetics cop website. Everyone should read this publication! it delivered my item very fast. GREAT TIPS AND BEAUTY SECRETs NOT being TOLD BEFORE in any book I had continue reading the past. Maybe occasionally she simplifies things an excessive amount of, but general it's a fairly good approach geared to everywoman. Right now I been saving money. I'm an enormous Paula fan. I am a cosmetology and had some knowledge of some items for your skin and makeup but I can not stress enough how much I have learned out of this book. This reserve is very easy to understand made for any person of any education level will understand it. Although she doesn't focus on it, she has also developed her very own skin care line, and I am right now a devoted customer. awesome book I highly recomend this book so the seller. After reading Paula's book I feel empowered and educated to make smart choices for my skin care. Never again will I spend too much on a product because I fell for an advertising gimmick. This reserve saved me a lot of time of time trying services and much money that would've been wasted on products that don't work. I've also began using some of Paula's products because they are perfectly formulated to do what's best to keep my maturing skin looking youthful than it did a decade ago! Paula also evaluations and reccomends other products which means you, the consumer could make sensible and economically accountable decisions. I do not go to any beauty isle or face item aisle without reading my publication first. Every one should read this publication! what the specific best products are It's confusing. Very indepth details but I wanted to number out a basic list for what I need to improve my epidermis, what the precise best items are, and I came across myself getting bogged down in products, a few of which are no more available. I've learned so much from reading Paula's books! every woman should read this! She is right on. Some individuals who have not found out about her might think from reading the last few books that Paula didn't really like natural products. She'll recommend other companies' items besides her own, but needless to say she does talk about her own regularly. Her advice is wonderful for people with sensitive skin and I have to admit her products have helped mine at a cost much less than I used to spend. what i didn't know was that whether i sensed it or not really, my pores and skin was still getting damaged. i don't go shopping for new skin care product without this publication. it's not about the brand or price, but it's about the technology and ingredients. So good! It requires a different, clearer format. We purchased the Kindle edition for my Macintosh, which was easy and pleasant to read on the screen. Five Stars This can be a bible! In the event that you care about how you care about your complexion, you should read it! This is essential read, if you are interested in skincare. Ill go over what I liked the most. Even though Personally, i enjoy most of her writing this book was an improvement Even though Personally, i enjoy most of her writing this book was an improvement.! I was happy to observe Paula recognize a diets role in skincare and recommend feeding on dark vegetables and fruit. This was very good news and this food group can't get plenty of love right now. i started to really browse the fine print on every aesthetic, and what i came across was that most of the products that i was using daily included irritating substances like sd alcohol, oils, menthol, etc. Her makeup advice and strategy seems stuck in the early 1990s "matte & I always appreciate her opinion but I enjoyed seeing her being more open minded to this option. It had been also exciting to read news on

epidermis identical elements cell communicating substances and antioxidants. A lot of this research continues to be in its infancy but the future is looking shiny. For several years I had used witch hazel as a toner to stop my sensitive skin from itching. In many of her evaluations, she'll say that a specific ingredient is definitely regulated and certain products meet government specifications. Critics have already been harsh on her about this. Those very expensive cosmetics/lotions are a "thing of days gone by" as there really is no need because you'll find as great or far better items for 1/4 of the price! Five Stars Great Details! I find the title of the publication hokey, but Paula really rocks. be prepared to throw out some of your skin layer care products after reading this book. Super easy vocabulary to be understood and helps me to save money. I love her. Five Stars Every kid should understand this when they enter the make-up world.



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