

BY BEST-SELLING BEAUTY AUTHORS

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THE BEST SKIN OF YOUR LIFE STARTS HERE

BUSTING BEAUTY MYTHS SO YOU
KNOW WHAT TO USE AND WHY

"I use Paula's books as a resource because I know they contain the unbiased truth about skincare. She is well-regarded by dermatologists across the globe."

—Leslie Baumann, M.D.

Author of Cosmeceuticals and Cosmetic Ingredients



Paula Begoun

The Best Skin of Your Life Starts Here: Busting Beauty Myths So You Know What to Use and Why



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Best-offering beauty author and internationally known "Cosmetics Cop" Paula Begoun and her group of beauty specialists from Don't From acne to lines and wrinkles and everything among, Paula and her group reveal the reality about skin type, skin concerns, cosmetic corrective procedures, dozens of today's most pervasive cosmetic myths, and some of the most helpful, surprising make-up tips we've uncovered in our careers. Go to the Cosmetics Counter Without Me are back to give readers the reality about epidermis and how it requires to end up being treated. The very best part? Readers experience as though they're getting truly helpful advice from an excellent friend — someone who's been there, understands what skin problems do to one's self-esteem, and is certainly shedding some much-needed light on the often-confusing world of beauty. Visitors learn why so many products don't work as claimed, discover some of well known products, and learn how you can easily put together a skincare routine that gets you the perfect outcomes without sorting through all the hype and misleading information. All of the skincare suggestions and recommendations in this book derive from published scientific study, so that you can be confident you're producing the smartest decisions for your beauty needs.



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Skin Care 101 Long ago, I came across myself frustrated with women's magazines and their confusing skin care advice. You may be younger, more beautiful soon. First, treatment of skin types (dried out, oily, mixture) are tackled by category and basic routine. My epidermis started looking better, fast. After reading and considering the information thoroughly, I began weeding out products predicated on her opinions and using products which have airtight packaging and substances she recommended. I 1st ran across Paula Begoun's books in the library. This book discusses skincare basics and some specialty treatments. That was frustrating, too, but at least I wasn't paying for a magazine subscription on top of the sub-par items I chose. There is a paucity of guidance for care of body epidermis; An index at the end could have been helpful. In case you are interested in what's great for your skin layer and not wasting money on the products that are not, then this is actually the book for you. At the end of chapters, you can find product suggestions, including some Paula's Choice products. I consider these suggestions, as many of them did not appeal if you ask me. But they are of help, because you can find ingredients lists and discover products more appealing for you. This is sound, realistic and credible info. This portion of the book is well up to date from previous books, and even home lightbox treatments receive a nod of sorts. Altogether, that is sound skincare tips at a little price compared to magazines. OK, it is possible to read the magazines if you want, but now you'll know should you give more thought to the guidance offered in them. I recommend the Kindle version of this book. it's impossible to skim for info relevant to me personally (there is no desk of contents in the kindle edition); And yes, it turns out I do have eczema, darn it! However now I know! Particular types of cleansers, exfoliants, and moisturizers are suggested to comprise a basic skincare routine for each skin type. this book is certainly aimed squarely from the throat up. Though I've browse many of Paula's books, I can't rate this five superstars. Not because it isn't good, and not because the information isn't updated. Purchase immediately, you may be proud If you like to care for your BEAUTY, after that this purchase is not a waste of money/time. Also, this publication is clearly written for ladies, but as Paula herself says, men have epidermis, too. Males should read it, as well, because the same skincare information applies. In the event you wonder easily buy Paula's Choice products, the solution is yes. Whats great concerning this book is definitely that it summarizes therefore much science and is easy to learn and follow. They don't really comprise my entire skincare routine, but I do use some as staples: some of her toners, the BHA 2% Perfecting Liquid, Resist 2% BHA Epidermis Lightening Gel, and the Skin Safeguarding 8% AHA gel (I take advantage of the product for my hands). The rest I use I obtain other brands.). A must have. I have been reading her books since Blue Eyeshadow Should Be Illegal and have purchased her items for approximately 15 years. Medical topical applications, treatments, and tools get a mention, too. Plenty of repeated details, nothing substantial. With a long time of experience Paula Begoun gives useful advice about taking look after your skin with affordable products that contain the very best cosmetic ingredients obtainable. Even though you don't buy her products, which she does not pitch in this publication, the advice helps you be a more educated, and savvy cosmetics customer. I'm tired The knowledge is good, BUT: this book is unnecessarily long and maddeningly repetitive (I am reading for 4 or 5 5 hours and am only 22% of just how through); As I examine it, I found the highlighting feature very handy to view terminology on Wikipedia or the net, and to find photos of skincare concerns with which I was not familiar. Excellent, highly recommend! For example: "That's a great query, with a somewhat complicated answer- but hang within and we understand you'll receive it." Umm . . . I'm a 35 year old with a graduate degree, I under no circumstances doubted my capability to know how frequently sunscreen should be applied; if you don't want to reduce my attention, stop repeating

yourself. Or: "By now you can show that many beauty myths travel us over the edge . . ." It's not that deep, I obtain that you're an expert, I don't treatment what annoys you, simply articulate your suggestions succinctly PLEASE. I understand I'm being harsh, but in a book compiled by professionals there should be a desk of contents, and not every summary paragraph should conclude with the same branding statement and exclamation stage (ie. blah blah greatest skin of your life!) A search for the phrase 'best epidermis of your life' displays it had been used 24 Moments. This is the just Paula Begoun reserve I've attempted to read, but I get the feeling that if you've read one, you've read them all! There's a relatable/ affirmative/halfhearted/superfluous closing exclamation for ya! Still gets three celebrities as the advice is great when you can digest it. it just about says all of the same stuff however in . Every skincare aficionado must have this book. It is a wonderful reserve. Her books have saved me thousands and given me great suggestions that I have implemented since I was a teen. In the event that you get the free of charge book from her internet site with an purchase, it pretty much says all of the same stuff but in a condensed version. Excellent, fact-based guide Full of useful information backed up by independent study by reputable resources (e., not predicated on any marketing promises from product manufacturers! The thinking woman's guide to skincare. I refer back to it over and over again as I think about exploring more of this world. Good for people beginning out as well as people who possess a little bit of experience in methods who just wish to know what science says truly functions for a wide array of options out there. Due to the fact the body pores and skin is basically ignored. I made a decision to end reading them and look for my best skincare on my own. I've read additional books from Paula Begoun before and may say that my pores and skin looks so much better when I follow her down-to-earth advice. It's an excellent overview of science-supported skincare and addresses topics such as acne (no matter your age), debunking myths, cosmetic procedures and more. I also really like the tone - factual but friendly. Pursuing are chapters for caring for particular skin issues such as acne, brown spots, rosacea, and eczema.. I am a medical professional and I . What I like best about this book is the detailed description of a wide range of cosmetic ingredients.g. This is a wonderful publication. I am a medical expert and I want to know what is certainly in the products I purchase. Invest the your time to read those descriptions, it is possible to understand the ingredient labels of cremes, lotions, and other cosmetic products so much better and steer clear of purchases of items that either haven't any positive impact on your skin at all or even do more damage than good. There are advanced skin care routines for these skin care concerns. and I do take concern with the weird condescending tone. I love reading science journals in dermatology. I've tried many of them. You Need This Reference Book! Jam filled with credible and useful information. myself Very interesting on many products Paula Begoun has learned her stuff.. Great reference book for daughters & Makes my Skin Happy If you want to take proper care of your skin, get this publication. You will feel empowered. Guided by her guidance I have religiously worn sunscreen since then and now at 52, get many compliments on having simple, even, minimally wrinkled pores and skin. Comprehensive, researched-backed skincare guide I really like Paula's no-BS policy and also have had good luck with her products, so it's not really a surprise that I love this book quite a bit. The publication addresses different skin issues with customized morning and evening skincare routines. Paula Begoun also does a good job describing what things to expect as an authentic outcome.. This book has so many answers to all or any of my questions. Five Stars This is an excellent bock. Informational and arrived in great shape Five Stars This book came in brand new!



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