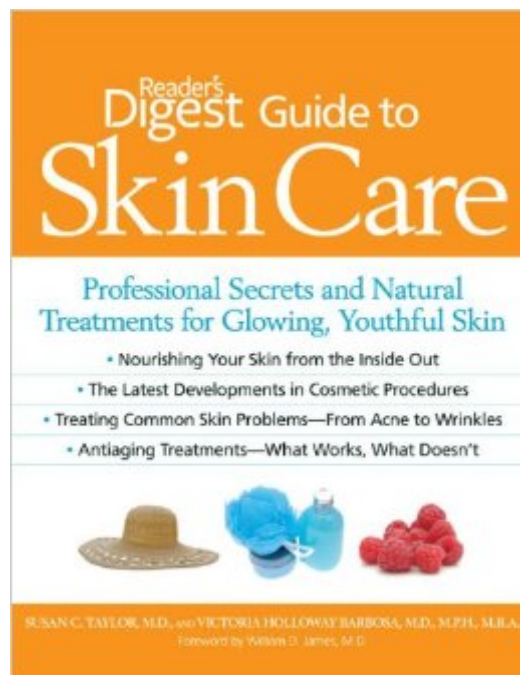


The book was found

# Reader's Digest Guide To Skin Care: Professional Secrets And Natural Treatments For Glowing, Youthful Skin



## Synopsis

Your skin can reveal a lot about your general well-being, and your outside appearance often reflects what's going on inside. Reader's Digest Guide to Skin Care shows you how to nourish your skin, from eating your greens and drinking water to moisturizing and protecting yourself against the harmful rays of the sun. With chapters that range from "Your Skin and Your Health" to "Beauty and Skincare," you'll find:

- How the skin works: From body temperature regulation to its role as a barrier against injury and infection
- Skin types: Discover which category you fall into with a thorough description of the different skin types-oily, combination/normal, sensitive, dry, and aging/sun-damaged
- Which skin signs point to inner health problems: Including iron deficiency, insufficient sleep, liver problems, vitamin and mineral deficiency, heart problems, kidney problems, nasal congestion and fluid retention
- Beauty and skincare: Learn about all the latest advancements in maintaining youthful skin, including anti-aging treatments and cosmetic procedures, such as chemical peels, microdermabrasion, and Botox/Reloxin
- Skin conditions and treatments for acne and rosacea, dry skin, eczema, dermatitis, calluses, corns and athlete's foot, dark circles and puffiness, seborrhea, and pigmentation problems
- Skin cancer prevention, identification, risks, and prognoses

## Book Information

Paperback: 176 pages

Publisher: Readers Digest (February 18, 2010)

Language: English

ISBN-10: 1606521055

ISBN-13: 978-1606521052

Product Dimensions: 7.6 x 0.6 x 9.7 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #1,674,300 in Books (See Top 100 in Books) #141 in [Books > Health, Fitness & Dieting > Aging > Beauty, Grooming & Style](#) #1297 in [Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Style & Clothing](#) #113560 in [Books > Self-Help](#)

## Customer Reviews

I like this book. It's full-color deluxe print. It provides basic skin care information in simple language and plenty of graphic illustrations. Much better design than a lot of books that have lengthy technical descriptions. This book is great for visual people who can't stand reading pages after pages of text. A fun to read book.

This book came in good condition. I finally found a book on skin care, that I have been searching for a while. I am pleased.

[Download to continue reading...](#)

Reader's Digest Guide to Skin Care: Professional Secrets and Natural Treatments for Glowing, Youthful Skin Get Younger Looking Skin Naturally: Advanced Skin Care (Aging, Skin problems, Eating for Beauty, Skin Care Routine, Skin Products, How to Age Well, Nails, Hair, Skin) Homemade Organic Skin & Body Care: Easy DIY Recipes and Natural Beauty Tips for Glowing Skin (Body Butters, Essential Oils, Natural Makeup, Masks, Lotions, Body Scrubs & More - 100% Cruelty Free) The Little Book of Skin Care: Korean Beauty Secrets for Healthy, Glowing Skin Natural Beauty Recipes: 60 Best-Kept Secrets to Care for the Skin: Natural Skin Care Tips Skin Picking: for beginners - How to recover from Skin Picking Disorder - What You Need To Know About Dermatillomania Treatment and Cure (Skin Picking ... - Skin Ailments - Skin Diseases Book 1) How to Wash Your Face: America's Leading Dermatologist Reveals the Essential Secrets for Youthful, Radiant Skin Guide To Anti Aging Skin Care Treatment: Learn All You Need For Treating Aging Skin To Look Younger Than Your Age (Anti Aging Skin Care, Anti Aging Diet, ... Emu Oil, Retinol, Best Eye Cream, Book 3) Anti-Aging Skin Care: Anti-Aging Skin Care Techniques for Beautiful, Flawless and Younger Looking Skin The Ultimate Guide To Skin Whitening: The Permanent, Most Effective Solution For Increasing Complexion And Having Beautiful Skin (Beautiful Skin, Improve ... Complexion, Become Fair, Skin Pigmentation) Apple Cider Vinegar Miracle Handbook: The Ultimate Health Guide to Silky Hair, Weight Loss, and Glowing Skin! How to Use Apple Cider Vinegar to ... Burn and Arthritis Plus find more Benefits. Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Bone Broth Breakthrough: Transform Your Body with Bone Broth Protein, the Ultimate Food to Support Gut Health, Metabolism, Lean Muscle, Joints and Glowing Skin The 5-Day Real Food Detox: A simple, delicious plan for fast weight loss, banished cravings, and glowing skin Forever Young: The Science of Nutrigenomics for Glowing, Wrinkle-Free Skin and Radiant Health at Every Age The Wrinkle Cure: Unlock the Power of Cosmeceuticals for Supple, Youthful Skin The Gun Digest Book of Firearms Assembly/Disassembly Part I - Automatic Pistols: Pt. 1 (Gun Digest Book of Firearms Assembly/Disassembly: Part 1 Automatic Pistols) The Gun Digest Book of Tactical Weapons Assembly/Disassembly (Gun Digest Book of Firearms Assembly/Disassembly) The Gun Digest Book of Revolvers Assembly/Disassembly (Gun Digest Book of Firearms Assembly/Disassembly) Gun Digest Book of

# Revolvers Assembly/Disassembly (Gun Digest Book of Firearms Assembly/Disassembly)

[Dmca](#)