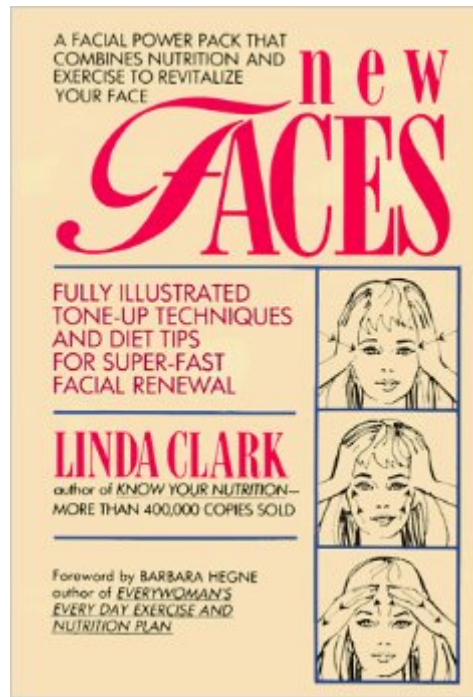


The book was found

New Faces



Synopsis

Foods that produce a healthy complexion are described as well as facial massage techniques for removing wrinkles and toning muscles.

Book Information

Paperback: 124 pages

Publisher: Keats Pub; 2nd edition (August 1990)

Language: English

ISBN-10: 087983515X

ISBN-13: 978-0879835156

Product Dimensions: 0.5 x 5.2 x 7.5 inches

Shipping Weight: 4.8 ounces

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #2,094,831 in Books (See Top 100 in Books) #115 inÂ Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Skin Care #451176 inÂ Books > Reference

Customer Reviews

I love this book. The instructions for the facial exercises are clear and easy to follow, though, the line drawings may not be the best. But, this really works if you follow it to the letter and you are consistent (that is the key word - consistency). If you start early on, say in your 20s, you may never need a face lift. I bought the book when it first came out and had great success with the exercises. Unfortunately, I lent it to a "friend" and I never saw it again. As it's been out of print for years I was so glad to find a used one on .

Great book! Clear instructions!

This is great

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