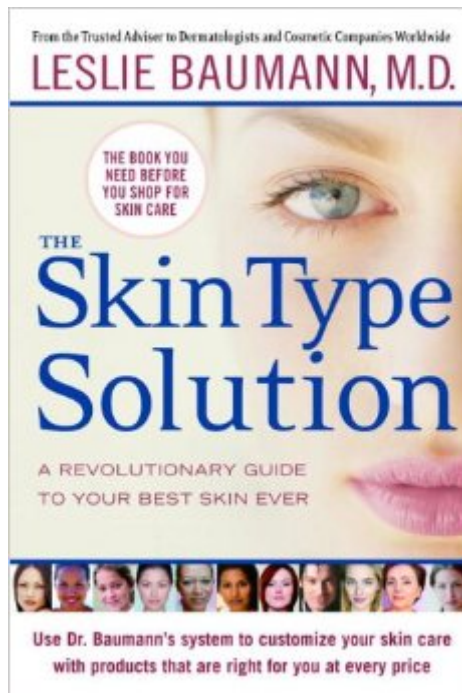


The book was found

The Skin Type Solution: A Revolutionary Guide To Your Best Skin Ever



Synopsis

From Dr. Leslie Baumann, a world-renowned dermatologist, comes a program thatâ€™s revolutionizing the way people everywhere think aboutâ€”and shop forâ€”skin care. Now you can identify and buy the products that are right for your true skin type. Answer the Baumann questionnaire inside this book and within minutes you can learnâ€”As everyone knows, all skin is not created equal. But whereas previous books identified only four basic skin types, through her cutting-edge clinical research in Miami Beach, Dr. Leslie Baumann discovered that there are actually sixteen distinctly different skin typesâ€”each with unique needs all its own. But caring for your skin doesnâ€™t have to be complicated. As Director of Cosmetic Dermatology at the Miller School of Medicine at the University of Miami, Dr. Baumann has tested her program on thousands of patients, developing a system that is already transforming dermatology. Now her proven program is available to you. Youâ€™ll discover:

- Your personal skin type profile detailing exactly what will workâ€”and what wonâ€™tâ€”for your unique complexion
- An extensive product guide to name brands suited to every skin type and budget, including cleansers, moisturizers, toners, sun blocks, foundations, and much more
- Natural health and dietary advice for beautiful skin
- Tips on preventing skin aging and â€œproblemâ€”skin
- The latest information on the new world of prescription products, facials, chemical peels, Retin-A, Botox, and collagen injections

So take the questionnaire, discover your type, and find the products you need to look like a million bucks without spending a fortune. With this book in hand, youâ€™ll save time, moneyâ€”and something even more valuable: your skin.

Book Information

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Customer Reviews

In my teens and twenties I never paid much attention to my skin, partly because I didn't have any major problems and partly because I wasn't very interested in beauty, fashion magazines and the like. I'd wash my face in the shower and draw a couple lines under my eyes in the morning and that was the extent of my skin care and make-up routine. But, at 34 I noticed a lesion on my face that turned out to be skin cancer. It was nothing serious and was taken care very easily, but it made me start looking at my skin more closely, and, much to my dismay, I realized that I was beginning to show the signs of ageing; for the first time I noticed that I had crowsfeet, smile lines and age spots. I decided I probably should start taking a little better care of my skin, but I didn't really know "what" I should be doing. Since it's nearly impossible to get a dermatologist to spend any serious time with you, I decided to buy a book instead. I bought this one and I think it was a good choice. The book helps you assess the type of skin you have and determine what products and procedures are best for you. It also impresses upon you the importance of sunscreen. For many skin types, like mine, Dr. Baumann suggests a Retinoid product that you have to get through a dermatologist. This seems to have been good advice as I have read several articles in other sources (NYTimes and Consumer Reports) that say that Retinoids are the only products which have been scientifically proven to reduce the signs of ageing. So, for the recommendation of sunscreen and retinoids, I'm very thankful to the author. As far as some of the other product recommendations are concerned, I have taken them with a grain of salt.

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