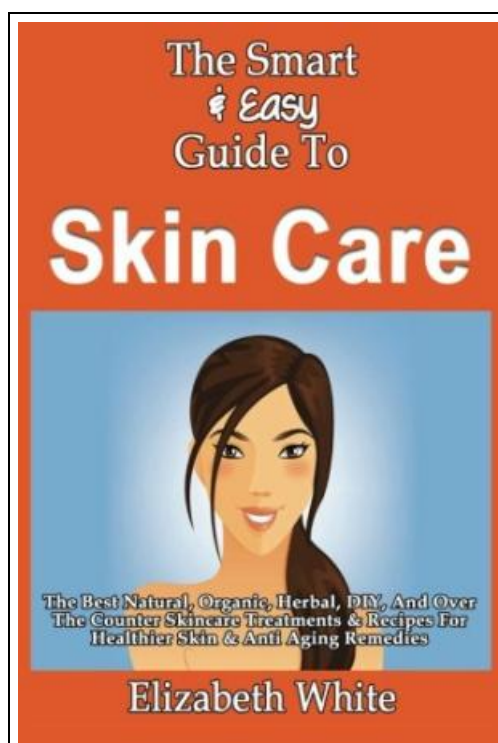


The Smart Easy Guide to Skin Care: The Best Natural, Organic, Herbal, DIY, and Over the Counter Skincare Treatments Recipes for Healthier Skin Anti Aging Remedies



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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The desire for great looking skin is not uncommon. Our skin is akin to our book cover and is what people gauge our appearance on, so it is easy to see why so many people are constantly looking for the answer to maintaining healthy, glowing and youthful-looking skin. Skin care companies have made millions off these insecurities, promising youth in a bottle, often to the disappointment of consumers. While not all of these products are shams, the majority do not live up to their promises. The Smart Easy Guide to Skin Care provides an in-depth understanding of the basics and importance of proper skin care. It also provides detailed tips and hints on how to keep skin healthy, glowing and firm, even as we age. This helps to keep our self-esteem up and make us confident in our outward appearance. We have often heard that prevention is the best medicine and this applies to skin care as well. The guide recommends a regular skin care routine that includes the following: Cleansing Exfoliation Moisturizing Sun protection It is advised to cleanse the skin before proceeding with further care. Properly cleansed skin can then be more effectively exfoliated or moisturized. Moisturizing the skin without first cleansing it can, for example, clog pores and leave one susceptible to an acne outbreak. The guide also urges care be used in exfoliation. It is entirely possible to overdo it, which can lead to irritated, inflamed or even damaged skin. The guide goes on to explain some of the modern day problems associated with skin care, such as the added strain on the skin by way of environmental pollutants. It describes the commonly available...



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