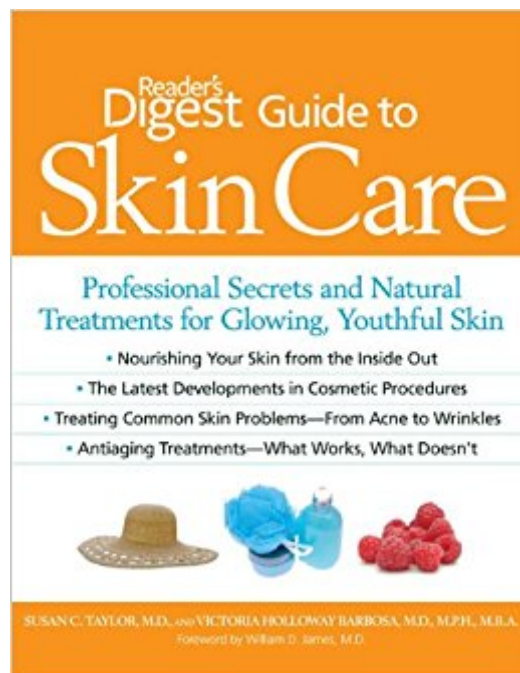


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# Reader's Digest Guide To Skin Care: Professional Secrets And Natural Treatments For Glowing, Youthful Skin



## 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

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## 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.

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