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Beauty Basics For Teens: The Complete Skin-care, Hair-care, And Nail-care Guide For Young Women



Synopsis

This Is Not Your Mother's Beauty Book! Let's face it, girl: Getting beautiful is pretty confusing! How many times have you bought the newest product, lured by the promise of flawless skin and a perfect new you, only to be disappointed by less than stunning results? Well, it's time to get real and get fabulous with the ultimate guide to what works for your skin, hair, and nails. Today's young women encounter completely different problems than their mothers and older sisters do, so why would their beauty guides work for you? And who better than a top dermatologist and a professional model to guide you through beauty dilemmas that only teen girls face? Filled with expert advice, easy-to-follow instructions, and really helpful hints, *Beauty Basics for Teens* covers:

- * The daily routines that will keep you blemish-free
- * How to shop for cosmetics and skin-care products, and how to use them like a pro
- * Advice on nail and hair care, including tips to banish bad-hair days forever
- * How to identify your true skin, hair, and nail types, so you finally use the right products
- * The roles that diet, exercise, and rest play in how you look

Make *Beauty Basics for Teens* the most valuable tool in your makeup bag -- and you'll be able to look in the mirror every day and say, "You glow, girl!"

Book Information

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Customer Reviews

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Dianne York-Goldman is a professional model and actress who has accumulated a wealth of knowledge about health and beauty throughout her successful career in the advertising and entertainment industries. Her husband, Mitchel P. Goldman, M.D., is an internationally recognized medical researcher and lecturer with a busy dermatology practice. He also teaches medical students and residents at the University of California, San Diego. The Goldmans are the parents of two daughters.

I liked it, my daughter thought it was corny.

I loved it but my kid thought the book was too long

I purchased this book for a teen who does not like to read -- she enjoyed it -- she learned a lot from the book and it was an easy read.

She seemed very pleased, could have had more photos. However, all topics were very informative. Would recommend for this age group.

Now, here is a one-stop beauty resource! Covering skin-care, hair-care and nail-care, *Beauty Basics for Teens* is filled with all the answers to your most plaguing beauty questions. The recently re-published book uses up-to-date medical information and current beauty trends to give teens the knowledge needed to have beautiful skin, hair and nails. Bag of Tricks, Hot Tip, Q&A and Bargain

sections make the book interesting to read and the authors know what they're talking about. Their professional fields cover two sides of the beauty industry. Dianne York-Goldman is a professional model and actress, and Mitchel P. Goldman, M.D. is an internationally recognized Dermatologist. Don't expect to look like someone else after reading. This book focuses on what you can do to enhance your own true beauty. For example, in the "Have a Good Hair Day Every Day" chapter, the book gives styling pointers and product picks specifically for your hair type. And before that, it helps you determine your hair type! This book really goes into detail about all aspects of beauty care. It has chapters on skin basics, acne, health, how to find the right dermatologist for you and, just in time for the summer, "Sunsibilities."

My daughter loves this book. This book also inspired her to become a dermatologist herself.

I got this book for a teenager and from her mother I understand she never put it down for there whole journey just kept reading so another successful present

this was a good informative book- but b4 u buy thiss- i would reccomend rona berg's "beauty- the new basics"

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To Stop and Prevent Hair Loss (hair loss, hair care, bald, beauty care, personal hygiene, natural health remedies, personal health care) The Men's Hair Book: A Male's Guide To Hair Care, Hair Styles, Hair Grooming, Hair Products and Rocking It All Without The Baloney Hair Loss Cure: Everything You Need to Know About Hair Loss, Hair Loss Prevention, Hair Re-growth and Hair Loss Treatments (Hairloss treatment) Beauty from Nature: 150 Simple Homemade Skin and Hair Care Recipes to Use Everyday: Organic Beauty on a Budget (Herbal and Natural Remedies for Healthy Skin Care Book 3) Hair Loss Explained - Natural Solutions for Hair Loss and Premature Balding: (Natural Hair Care, Hair Loss, Scalp Treatments, Balding, Cure, Going Bald, Remedies) Organic Skin Care: Heal Eczema and Eliminate Problem Skin with DIY Organic Skin Care Recipes That Nourish, Protect and Hydrate All Skin Types Hair Loss Solutions for Men: How to Cheat Hair Loss for Life (Hair Loss Solutions: How to Cheat Hair Loss for Life Book 1) The Curly Hair Handbook: Natural DIY Hair Care Secrets for Black Women (African American Hair Care) Color Pictures of Skin, Hair and Nail Diseases: Dermatology Atlas Hair Styling Guide: Hair Care For African American And Bi-Racial Children: Quickly style, grow and maintain healthier more beautiful African American and Bi-racial hair in record time. Classic Hairstyles for Men - An Illustrated Guide To Men's Hair Style, Hair Care & Hair Products

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