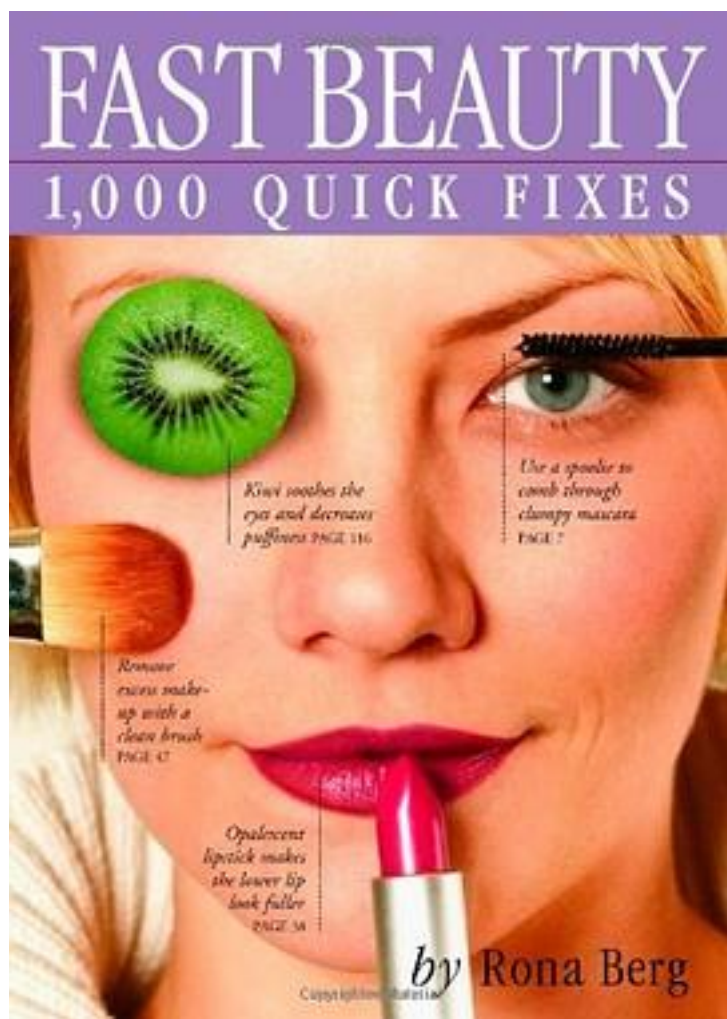


Fast Beauty



[Fast Beauty_ 下载链接1](#)

著者:Rona Berg

出版者:Workman Publishing Company

出版时间:2005-07-18

装帧:Paperback

isbn:9780761134725

Rona Berg knows that sometimes women have dry skin. Or tired eyes. Or limp hair. Or a

pimple. And as a beauty expert¹ she knows exactly what to do about it. Drawing on years of covering the beauty industry, working behind the scenes at fashion shows, fixing actresses' and models' beauty meltdowns, and learning insider information from hundreds of consultants and make-up artists, Ms. Berg - author of "Beauty: The New Basics" offers us the best 1,000 tried-and-true tips. Indexed by problem and solution, "Fast Beauty" is indispensable, filled with the kinds of advice¹ ideas, and help that sell millions of women 's magazines a month. Spa tips. Anti-stress tips. The "20-second face," "the two-minute face," the "five-minute face." Innovative remedies: Rub olive oil into dry cuticles to soften them; use honey to get rid of a pimple overnight; to tighten the face temporarily, apply tomato juice (preferably fresh-squeezed) for ten minutes, and for the reverse-if your face is tight from too much sun-apply plain yogurt to the skin and leave on for ten minutes. A full chapter shows how to solve beauty pitfalls caused by hormones at all stages of life; another deals with various problems caused by working out. And for every busy businesswoman, it tells what quick fix to use when heading into an important meeting straight off the red-eye - or heading straight from the office out on a blind date.

作者介绍:

目录:

[Fast Beauty 下载链接1](#)

标签

英文

美容

时尚

护肤

彩妆

女性

MsMavens

BCPL

评论

[Fast Beauty 下载链接1](#)

书评

[Fast Beauty 下载链接1](#)