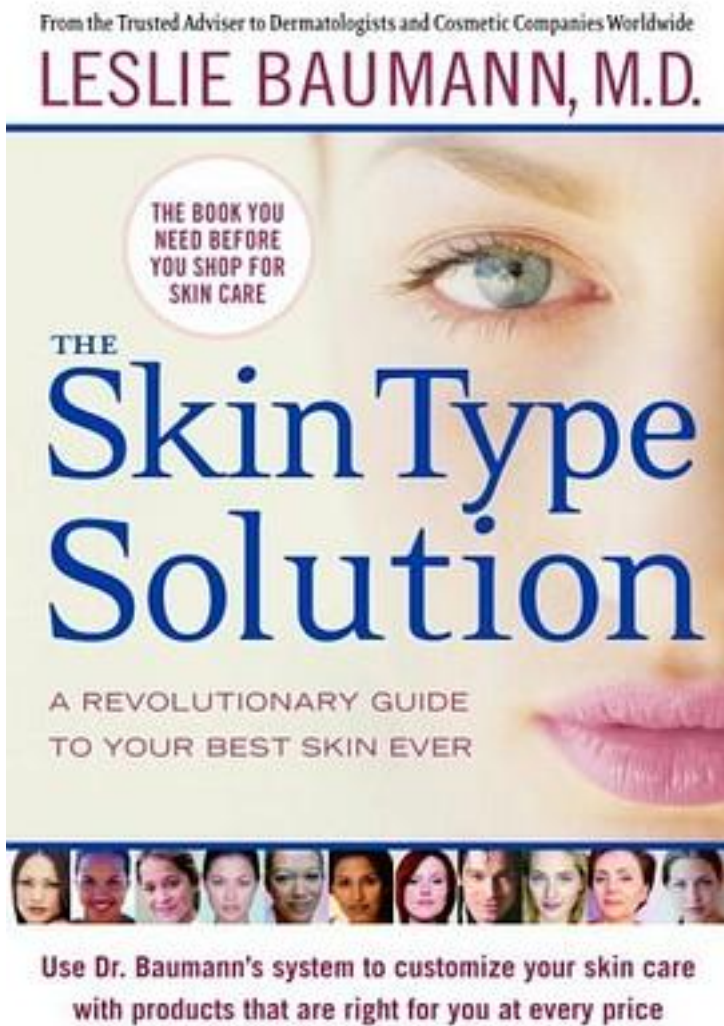


The Skin Type Solution



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著者:Leslie Baumann

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REVISED AND UPDATED

FORGET EVERYTHING YOU THOUGHT YOU KNEW ABOUT WHAT'S GOOD FOR YOUR SKIN—AND LEARN THE TRUTH.

Take the simple questionnaire inside this book and within minutes discover which of the sixteen unique skin types describes your skin, which ingredients to avoid, the skin care brands that are right for you, and your new time- and money-saving regimen. In this revised edition of her classic bestseller, world-renowned Miami Beach dermatologist and researcher Dr. Leslie Baumann helps you shop for the optimal skin care products. She provides detailed lists of recommended products suited to every skin type and budget. Inside you'll find

- your personal skin type profile detailing exactly what will work—and what won't—for your unique complexion
- the newest products for healthy, radiant skin—cleansers, moisturizers, toners, sun blocks, foundations, and more
- tips on preventing skin aging and “problem” skin
- vital information on the new world of prescription products, facials, chemical peels, Retin-A, Botox, and Restylane injections

Now you can look like a million bucks without spending a fortune. This book is almost as good as having Dr. Baumann give you a personal consultation!

作者介绍:

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标签

护肤

美容

skin

beauty

纯理论

Health

形象

Modusvivendi

评论

好書~(買不到中文的只有買了原版 ==)
裡面有測試皮膚性質的測試,結果我竟然是偏干超級敏感皮...TAT
我還以為養得好了點那...(淚目 然後心得就是1.防曬是最最最最重要的!!!
365天都要塗防曬霜不可以偷懶!!! (看著一半我就開始塗防曬霜...)2.抗氧化抗老
3.最後才是補水保濕..(還有裡面給我推薦了一個250刀的SKII晚霜....我....搶劫去阿!! > <)

参加公司training搞的free book 没啥惊艳的赶脚

非常好的皮肤学科普，把16种分类都一一读过去，结论：#不说明皮肤肤质的安利都是耍流氓

按照书中的产品使用了一段时间，效果惊人，再也不脱妆了。

我没读过英文版，只想告诉大家中文版搜：完美皮肤指南。刚刚下单，找了半天，实在不想读英文版。

定期做做里面的皮肤测试，对了解自己皮肤有好处。

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书评

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