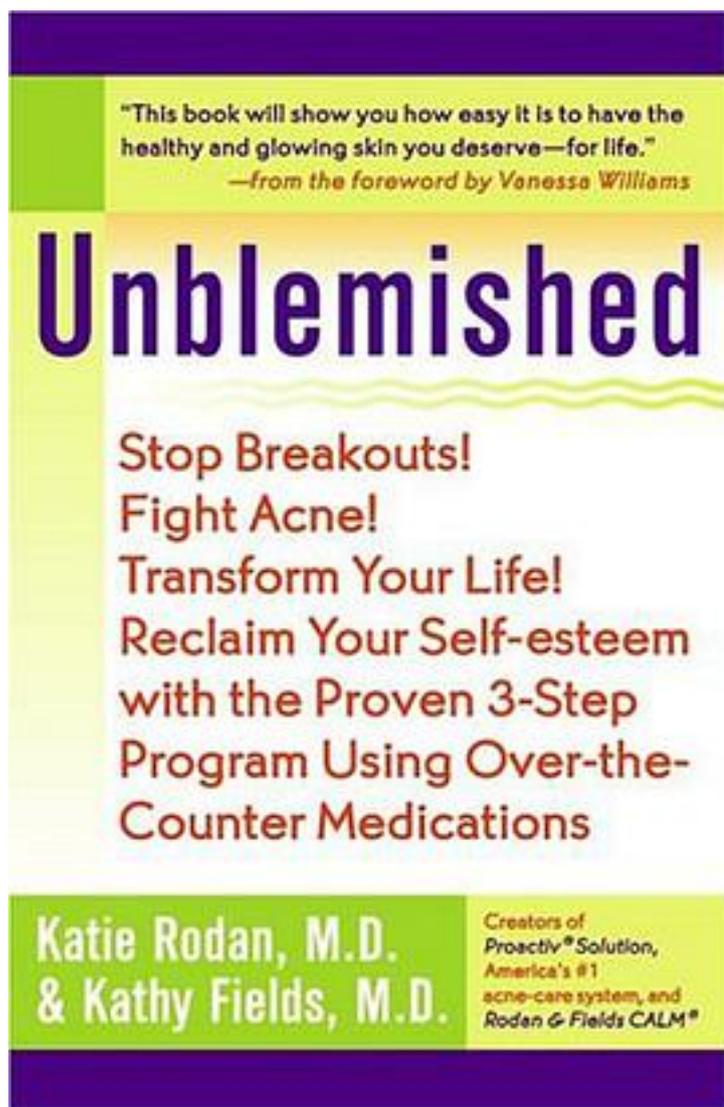


Unblemished



[Unblemished 下载链接1](#)

著者:Rodan, Katie, M.D./ Fields, Kathy, M.D.

出版者:Pocket Books

出版时间:2005-3

装帧:Pap

isbn:9780743482059

It's a fact: Acne affects at least 50 million American men and women of all ages, ethnicities, and skin types. Yet so few of us understand why we have acne, and what we can do to treat it. Did I wash my face the wrong way? Did I eat too much chocolate? Will that expensive new cream really work? Will my face ever look better? In *Unblemished*, Drs. Katie Rodan and Kathy Fields -- creators of Proactiv Solution, the country's #1 selling acne-care product -- refute some of the most common misunderstandings about acne and present a groundbreaking guide using only over-the-counter medications to banish breakouts forever. Based on proven medical research and their extensive personal experience treating patients, the Rodan and Fields approach works in three basic steps. Rather than spot-treating blemishes and pimples reactively, their system -- individualized for every skin color, type, and age -- treats the entire face using an easy-to-follow regimen that is designed to attack acne at its source so you can get the clear, beautiful skin you've always wanted. You can change the face of acne -- and you can change your life.

作者介绍:

目录:

[Unblemished_下载链接1](#)

标签

评论

[Unblemished_下载链接1](#)

书评

[Unblemished_下载链接1](#)