The Original Beauty Bible: Skin Care Facts For Ageless Beauty
Synopsis

The all-new third edition of The Original Beauty Bible is Paula Begoun’s™s most comprehensive book yet. Exhaustively researched, this refreshingly honest guide cuts through marketing hype to educate consumers on all aspects of beauty, including how to assemble a state-of-the-art skin-care routine, choose a cosmetic surgeon, and apply makeup like a pro. It provides the latest research and information on every imaginable cosmetic innovation, with a special emphasis on skin-care ingredients, and explains the pros and cons of all types of cosmetic surgery and corrective procedures in an engaging, easy-to-understand style. Covering the most critical topics in beauty in a factual, no-holds-barred manner, and packed with money-saving tips, The Original Beauty Bible affirms Begoun’s™s reputation as “The Ralph Nader of Rouge.” • For readers of all ages, it’s™s the ultimate guide to smart beauty.

Book Information

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Customer Reviews

I’d heard vaguely of Paula over the years in women’s magazines but had never read any of her books. I had the general impression that she was a crusader for truth in beauty advertising. This February I asked an acquaintance of mine what cleanser she used with her Clarisonic face brush because her skin looked great. She told me she used Paula’s products. I didn’t know Paula had a
line of products or books at all! My acquaintance urged me to read this book, saying it had completely changed her beauty outlook. I purchased the Kindle edition for my Mac, which was easy and pleasant to read on the screen. However I will echo others' calls for an index. Paula’s tone is chatty, but also no-nonsense, like a stern aunt. She relies mostly on peer-reviewed research whenever possible, and tries to explain such research in simple English. Maybe sometimes she simplifies things too much, but overall it's a pretty good approach geared to everywoman. She will recommend other companies' products besides her own, but of course she does mention her own frequently. Altho’ I thought myself a canny beauty consumer, Paula did surprise me a few times, and I confess I learned some important things. For many years I had used witch hazel as a toner to stop my sensitive skin from itching. She explained that witch hazel is actually also an irritant, but stops itching by causing a slight distractive itching that fools the nerves. She argued that the witch hazel was only continuing the irritation in the long run. It was hard to give up my witch hazel, but I confess that after 3 weeks, much of redness did go away for the first time in many years.

Get Younger Looking Skin Naturally: Advanced Skin Care (Aging, Skin problems, Eating for Beauty, Skin Care Routine, Skin Products, How to Age Well, Nails, Hair, Skin) The Original Beauty Bible: Skin Care Facts for Ageless Beauty Skin Picking: for beginners - How to recover from Skin Picking Disorder - What You Need To Know About Dermatillomania Treatment and Cure (Skin Picking ... - Skin Ailments - Skin Diseases Book 1) The Bible: The Complete Guide to Reading the Bible, Bible Study, and Scriptures (bible, religion, spirituality, holy bible, christian, christian books, understanding the bible) Guide To Anti Aging Skin Care Treatment: Learn All You Need For Treating Aging Skin To Look Younger Than Your Age (Anti Aging Skin Care, Anti Aging Diet, ... Emu Oil, Retinol, Best Eye Cream, Book 3) Anti-Aging Skin Care: Anti-Aging Skin Care Techniques for Beautiful, Flawless and Younger Looking Skin The Ultimate Guide To Skin Whitening: The Permanent, Most Effective Solution For Increasing Complexion And Having Beautiful Skin (Beautiful Skin, Improve ... Complexion, Become Fair, Skin Pigmentation) Organic Homemade Lotion Recipes - For All Skin Types (The Best Lotion DIY Recipes): Lotion Making For Beginners (organic lawn care manual, organic skin care, beauty and the beast) Natural Beauty Recipes: 60 Best-Kept Secrets to Care for the Skin: Natural Skin Care Tips The New Science of Perfect Skin: Understanding Skin Care Myths and Miracles For Radiant Skin at Any Age Homemade Organic Skin & Body Care: Easy DIY Recipes and Natural Beauty Tips for Glowing Skin (Body Butters, Essential Oils, Natural Makeup, Masks, Lotions, Body Scrubs & More - 100% Cruelty Free) The Little Book of Skin Care: Korean Beauty Secrets for Healthy, Glowing Skin Anti Aging: The Best Anti Aging Beauty Products, Anti
Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Natural Beauty: Radiant Skin Care Secrets & Homemade Beauty Recipes From the World’s Most Unforgettable Women (Essential Oil for Beginners Series) Essential Oils Box Set #17: Coconut Oil for Skin Care & Hair Loss & Healing Babies and Children with Aromatherapy for Beginners (Coconut Oils, Skin Care, ... Healing, Detox, Virgin Coconut Oil) Make Your Own Skin Care Products: How to Create a Range of Nourishing and Hydrating Skin Care Products Clinical Guide to Skin and Wound Care (Clinical Guide: Skin & Wound Care) Guinea Pigs Owner Handbook: The Complete Beginner’s Guide to Guinea Pig Care and Facts (How to Care for Guinea Pigs, Guinea Pig Facts Book 1) Sharks: 15 Weirdest Sharks in The World! Fun Facts, Pictures and More! (Shark Fun Facts, Shark Pictures, Shark Facts for Kids, Shark Books for Intermediate ... (Weirdest Animals in the World! Book 2) DIY Beauty Magic (6 in 1): Epsom Salt, Aromatherapy, Body Scrubs, Candles, Essential Oils and Lotions for Your DIY Beauty Routine (Body Care & Beauty Products)