

Return to Beautiful Skin: Your Guide to Truly Effective, Nontoxic Skin Care

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Abstrak

An overwhelming number of products on the market today promise to make dull, dry, scaly, oily, or acne-prone skin radiant. Often, though, these products only improve the skin slightly--for a time--or actually make the skin worse. Others do absolutely nothing at all, except drain your budget. But Baby boomers--who are striving to live in harmony with nature, and to age with grace, style, even panache--are demanding more. "Return to Beautiful Skin" was written for this dynamic, groundbreaking generation, and those coming after. Filled with practical, real-world strategies to enhance the skin by using all-natural, nontoxic products, this book clears up the mysteries surrounding skin care, opens the way for readers to reclaim the radiant skin they were born with, and offers valuable insights into contemporary skin care products and regimens. Among them: How much the world has been inundated by toxic chemicals, how to identify these toxins in skin care products, and how to avoid them; How to distinguish between natural products and nontoxic products; How nature and science, working in tandem, can enhance overall health, skin health, and the planet; How to bring out inner beauty and age gracefully. "Return to Beautiful Skin" tells readers all about sun care, how to minimize wrinkles, how to clear up acne at any age, and how to live healthfully to bring out your inner radiance and keep your skin radiant for your entire lives.