Simple Skin Beauty: Every Woman’s Guide to a Lifetime of Healthy, Gorgeous Skin by Ellen Marmur

Buy It!

It’s every woman’s skin care fantasy: What if a leading dermatologist just happened to be your best friend and you could ask her anything? Dr. Ellen Marmur, a world-renowned New York City dermatologist, is ready to answer your questions with this comprehensive, cutting-edge guide to healthy, beautiful skin. Each day in Dr. Marmur’s practice, she hears the same questions again and again from so many patients. What’s the best investment against aging? Will this cream make my wrinkles go away? What does a cancerous spot look like? A busy mother of four, Dr. Marmur knows women don’t have the time or money to waste on products or procedures that are costly and ineffective. As a skin cancer surgeon -- and a skin cancer survivor herself -- she has treated thousands of patients confused about sun protection, cosmeceuticals, and antiaging procedures. This is what inspired her to write this book. In a refreshingly accessible way, Dr. Marmur explains that it doesn’t have to be so difficult for women to get great skin or so expensive to maintain it. In fact, Dr. Marmur believes that to obtain gorgeous, healthy skin you need just three basic skin care essentials. And she gives you the know-how to adjust your regimen to treat issues like acne breakouts, dry skin, wrinkles, and more. With Dr. Marmur’s passionate expertise and simple, inspired solutions, Simple Skin Beauty is the definitive go-to skin care guide for women of all ages. Simple Skin Beauty has the answers to your most pressing skin care questions, such as:

• What’s the difference between sunblock and sunscreen, and which ingredients are the best?
• Will drinking a lot of water make my skin look better?
• What is the best facial cleanser and moisturizer for my skin?
• What, besides plastic surgery, can help my sagging neck?
• How do I know if this freckle is skin cancer?
• Which antiaging products truly work?
• What should I ask my dermatologist if I’m considering Botox, fillers, lasers, or other procedures?

Features:
My Personal Review:
Dr. Marmur's book is a must read for anyone who cares about their skin, health and beauty. It covers everyday topics from acne and eczema to skin cancers, ingredients to look for in your beauty products, different cosmetic procedures, how nutrients in food can benefit your skin, and most important: a full chapter devoted to sun protection, etc. I like it's q&a and skin truth sections through the books. It answer questions such as: "will drinking water make my skin look better? / does indulging in chocolate cause acne?" It includes a lot of charts, tables that you could use as quick references. I suggest you read from the the first chapter and get your highlighter ready.

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