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Skin Remodeling DIY: An Introduction To The Underground World Of Do-It-Yourself Skin Care

Skin Remodeling DIY



An Introduction to the Underground World of Do-It-Yourself Skin Care

By Deborah Tosline



Synopsis

Skin Remodeling DIY provides an introduction to basic skin structure, product penetration, facial exercise and massage, and home use of cosmetic dermatology tools and cosmeceuticals. Skin care forum topics including active ingredients and DIY tools are summarized and results of scientific investigations supporting these practices are provided. A list of Internet website addresses makes it easy to access sources for a new skin care routine. Our lives, interests, funds, and available time are infinitely variable. With that in mind, Skin Remodeling DIY summarizes a variety of skin care methods, allowing the reader to select the practices, tools, and sequences that best fit their lifestyle and preferences. A new 5-minute skin care routine will, over time, make positive changes. Committing to using additional skin care treatments will result in even more noticeable results. It's one thing to apply an expensive serum or cream and wait to see results; it's another thing to prepare the skin to accept high quality nutritive ingredients and stimulate collagen and elastin production using premium products and effective tools on a household budget. Women, men, any age | if you do not have a special way to care for your skin or if your current special way is not giving results, it may be time to try the methods described in Skin Remodeling DIY to effectively improve skin quality.

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Customer Reviews

This book is a must read! Hands down, this book provides an intricate take on safe and natural skin care for the "mature woman's" aging skin. Deborah applies a step by step process, and is extremely knowledgeable on the necessary natural and vital (key) ingredients that your skin requires to achieve a beautiful and glowing complexion. Since reading this book and applying her concepts, I have received numerous compliments on my skin and I definitely can see a difference myself. Thumbs up to the author! Donna, 48.

Deborah has written a wonderful and informative book that all women should own. She has done all of the research for busy women who want to look great without having to sacrifice the expense and down time of plastic surgery..I would rate this gem of a book 5 stars because it's so readable and educational. Lots of women spend a lot of money on products that don't meet their expectations, but this book is honest and helps with knowledge of real and proven treatments for do it yourselfdivas.

Are you looking older than you would like? Have you noticed you can spend a small fortune every month, just to hold your skin back a bit from the ravages of aging? Then get this book immediately! This is the guidebook for people who want to understand how and why skin actually ages, and how you can fight that with your own low-cost skin care formulas and other often-free methods. Deborah Tosline has achieved a lifestyle system that will keep your skin-- and you-- young. She shares not only how exactly to purchase ingredients, and mix custom formulas that suit your skinâ€™s needs, but also what newer skin care technology is available. Play around with Toslineâ€™s recommendations, notice your skin glowing and your budget smiling.

This book will provide you information about the needs of your skin. The best thing is that you can afford professional care even without spending money. You just need to KNOW.

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