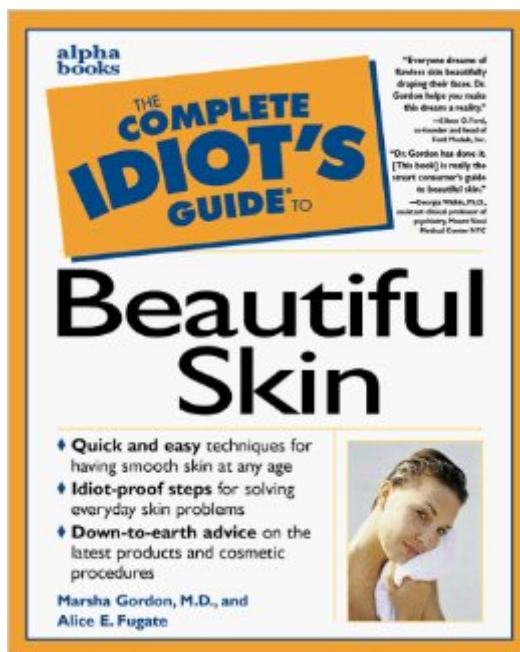


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# The Complete Idiot's Guide To Beautiful Skin



## Synopsis

You're no idiot, of course. You know that there's a moisturizer for every skin type and that you should use sunscreen before hitting the beach. But when it comes to finally discovering the secret to glowing, healthy-looking skin, you feel like Ponce de Leon searching for the Fountain of Youth. Don't end your quest yet! The complete Idiot's Guide to Beautiful Skin is packed with expert advice on everything from soaps to common cosmetic procedures. In this Complete Idiot's Guide you get:

## Book Information

Series: The Complete Idiot's Guide

Paperback: 352 pages

Publisher: Alpha (May 1, 1998)

Language: English

ISBN-10: 0028624084

ISBN-13: 978-0028624082

Product Dimensions: 9 x 7.4 x 0.9 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 3.5 out of 5 stars [See all reviews](#) (11 customer reviews)

Best Sellers Rank: #517,353 in Books (See Top 100 in Books) #35 in [Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Skin Care](#) #160 in [Books > Medical Books > Medicine > Internal Medicine > Dermatology](#)

## Customer Reviews

I am a Dermatologist and loved this book. While I already knew most of the things in the book, it is helpful to have information to relay to patients in plain English. I have highlighted passages and written my own comments in the margins and will place copies of this book in my examination rooms for patients to read. I especially like the chapters about sun damage and the prevention of photodamage. I am glad to see in print many of the things that I have been telling patients for years, especially about the sales tactics of cosmetic companies. This book is loaded with practical advice. It does not, however, contain directions to the fountain of youth.

OK, so when your eyes hurt, you go to an eye doctor. When your feet hurt, you go to a foot doctor. It makes perfect sense to go to a skin doctor for advice about keeping your skin healthy. Marsha Gordon really breaks down dermatology into layman's terms. Her advice and descriptions are really simple and easy to understand. It's very refreshing to read a book about skincare that isn't just about

cleansers and toners. Its important to understand how stress and other external factors (diet, exercise, sleep, pollution, etc.) effect your appearance. I really loved the section on the sun and the reality about the damage it does. There's a really neat reference guide in the front of the book, which gives warning signs and how to examine yourself for skin cancer. There's a great section about cosmetic surgery that every woman should read before making that type of commitment. Every type of problem you could ever possibly have with your skin is listed as well as how to remedy it. She even goes on to give hair and nail advice. I didn't care for the fact that her opinion of the cosmetic industry was a little negatively biased. I recognize that certain discount cosmetics may have similar ingredients to more expensive products, but I would much rather pay a few more dollars for something that will feel much nicer and last longer. Please take the cosmetic section with a grain of salt since she is neither a makeup artist, nor a cosmetic chemist. The valuable commodity of this book is sensible, no nonsense advice about the health of your skin, from a skin doctor.

Contrary to the title, this is the perfect book for down to earth, intellegent people who have not been deluded into thinking that they can do something to make their skin look like a 20 year old when they are 50. Although "The Beauty Bible" by Paula Begoun is similar in content and conclusions, I preferred this book because it was more medical, less gender specific, and not as much about cosmetics. However, Ms. Begoun's "Don't go to the Cosmetics Counter without Me" is the perfect companion to the "...Idiot's Guide to Beautiful Skin" and will help you locate the types of products you will be looking for, once you absorbe the information provided by Dr. Gordon. No one should start a skin care program without reading this book. If you like this book, you will probably not like "1001 Beauty Solutions: The Ultimate One-Step Adviser for Your Everyday Beauty Problems" so I suggest you save your money.

I bought this book with the hope that it would actually give examples of products to buy and what to look for. Instead it only gives advice about what ingredients to look for or stay away from. Although it does include helpful tips on allergens and skin conditions, I was pretty disappointed. I already knew so much of what was said, and the book focuses on problems so briefly and spends a chunk of time discussing everything from peels to plastic surgery! It basically says a little about a lot rather than a lot about the basics. If you are completely uninformed...GO FOR IT! Otherwise save your money.

This book is very easy to read, filled with useful information about everything from skin cancer to face lifts. I found it easy to find any topic, as there is an extensive index and a detailed table of

contents. In particular, this book helped me sort through the plethora of products on the market, to pick the ones that are best for me.

this book doesn't include what most consumers are looking for: information on what products/ingredients to use and which ones to stay away from. The author narrowly focuses on just a few skin types, when most people have skin that falls into categories in between the usual normal, dry, oily, or combo. There's a ton of basic information on everything from skin cancer to skin care during pregnancy, though most of the chapters are very short and barely touch on the subjects before moving onto something else. Too much information on nearly every kind of skin disease/rash/etc. that exists, and only one extremely brief (and not very useful) chapter on makeup. Sidebars and the like can be helpful, but there are so many in this book that they're distracting.

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