

Simple Skin Beauty Every Woman S Guide To A Lifetime Of Healthy Gorgeous Skin

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The only skincare book you will ever need, Simple Skin Beauty covers everything from acne to wrinkles to skin cancer prevention making it the definitive dermatological guide for women of all ages. With all the different kinds of skincare products now on the shelves and all the new-fangled cosmetic procedures now available, skincare has become daunting and overwhelming.

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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?

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"A simple moisturiser with ceramides and essential fatty acids forms a lightweight protective barrier on skin to prevent moisture loss," explains Dija. Plus, follow-up products will work more effectively on hydrated skin. That said, you can tailor the texture and thickness to suit you.

[Skincare Routine Steps: Basic Daily Skincare Products To ...](#)

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Here are 7 simple skin care tips that no woman should do without: 1. Protect your skin by wearing sunscreen. Not to sound like your mom, but put on that sunscreen! 365 days a year, in fact. Rain or Shine. This simple habit will ward off wrinkles, sun spots, and even dull or dry skin, which all result from too much sun.

[7 Simple Skin Care Tips for Every Woman: AESTHETIC ...](#)

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"Simple Skin Beauty" is the definitive go-to skin care guide for women of all ages written by a world-renowned New York City dermatologist who is also a busy mother of four children and knows women don't have the time or money to waste on products or procedures that are costly and ineffective.

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