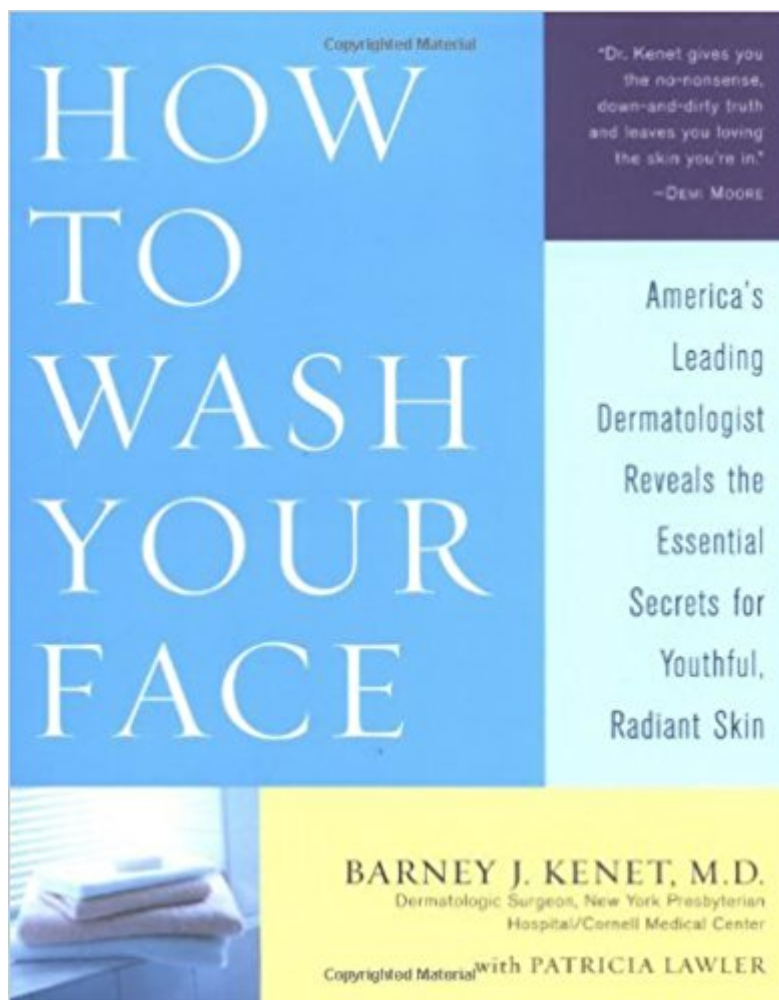




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How To Wash Your Face: America's Leading Dermatologist Reveals The Essential Secrets For Youthful, Radiant Skin



Synopsis

THE DERMATOLOGIST TO ACTRESSES, TELEVISION ANCHORS AND SOCIETY DOYENNES BRINGS HIS EASY AND EFFECTIVE METHODS FOR HEALTHY, BEAUTIFUL SKIN TO YOU. For years Dr. BARney Kenet has been helping people bring out the best in their skin. Now his sensible and medically proven skin care system can help you improve and enhance your looks with long-lasting results. Dry? Oily? Combination? How to Wash Your Face debunks conventional skin typing and helps consumers understand the "why" of their skin, emphasizing smart skin maintenance. Dr. Kent also tells you everything you need to know when you visit the drugstore, the makeup counter, the beauty salon and the dermatologist's office. With questionnaires, brand-name product evaluation and patients' intimate and inspiring stories, How to Wash Your Face is the antidote to frustrating hit-or-miss retail remedies. You will learn: The hidden dangers of makeup The three most effective treatments for aging skin The most common causes of itchy skin and how to alleviate them How to protect your skin from the sun Who should never get a facial and why How food and fragrances can upset your skin and how to avoid these allergies The best remedies for oily hair, dandruff and other common hair problems

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Customer Reviews

- I have had this on the shelf for many years and until now only did a cursory flip through. Finally, in an attempt to declutter, I could not relinquish it without taking a closer look. Reading it cover to cover, I was pleased and surprised to find how useful and informative this book is. This is a concise

and easy to read work written by a NY dermatologist who offers interesting cases for reference, product recommendations, and explanations for ceasing generally accepted and practiced routines. (The edition I have is 1999, so there are hundreds more and different items available now. For drugstore recs I just took note of the brands and category). While this may now be an oldie, as a self-professed hoarder of cosmetics and a woman who has devoted years and much effort to taking care of my appearance (I own many books in the makeup/beauty genre, subscribe to Allure, New Beauty, etc) I found a lot of useful information here, i.e., I didn't know that my lazy day without a shower was good for my skin.) As someone who does a lot of my own beauty care (manicures/pedicures, haircut and color, a regimen of facial masks between professional facials,) I especially enjoyed Chapter 3, "At Home Care for Skin, Hair, and Nails" which included a brief anatomical overview. Chapter 4, "Your Skin Profile: Analyzing the "Why" of Your Skin", included an alternative to the standard categorization of skin types into dry, oily, and combination via self-analysis using a quick questionnaire to determine your skin profile of which there were 5: hormonally reactive, stress reactive, environmentally sensitive, overexposed, and hearty.

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