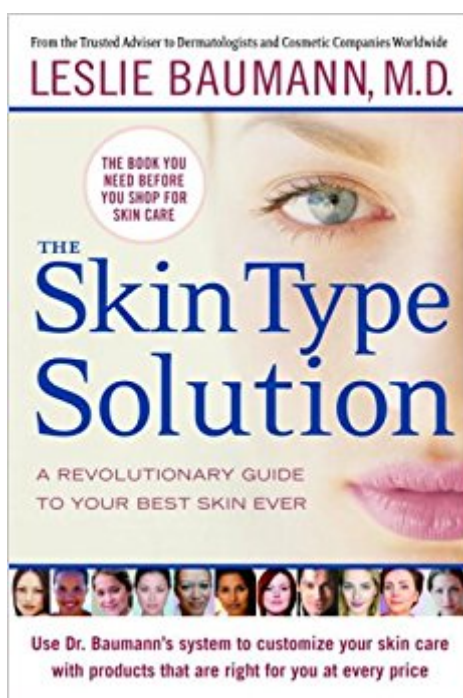


The book was found

The Skin Type Solution: A Revolutionary Guide To Your Best Skin Ever



Synopsis

From Dr. Leslie Baumann, a world-renowned dermatologist, comes a program that's revolutionizing the way people everywhere think about and shop for skin care. Now you can identify and buy the products that are right for your true skin type. Answer the Baumann questionnaire inside this book and within minutes you can learn! As everyone knows, all skin is not created equal. But whereas previous books identified only four basic skin types, through her cutting-edge clinical research in Miami Beach, Dr. Leslie Baumann discovered that there are actually sixteen distinctly different skin types each with unique needs all its own. But caring for your skin doesn't have to be complicated. As Director of Cosmetic Dermatology at the Miller School of Medicine at the University of Miami, Dr. Baumann has tested her program on thousands of patients, developing a system that is already transforming dermatology. Now her proven program is available to you. You'll discover: Your personal skin type profile detailing exactly what will work and what won't for your unique complexion An extensive product guide to name brands suited to every skin type and budget, including cleansers, moisturizers, toners, sun blocks, foundations, and much more Natural health and dietary advice for beautiful skin Tips on preventing skin aging and "problem" skin The latest information on the new world of prescription products, facials, chemical peels, Retin-A, Botox, and collagen injections So take the questionnaire, discover your type, and find the products you need to look like a million bucks without spending a fortune. With this book in hand, you'll save time, money and something even more valuable: your skin.

Book Information

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Customer Reviews

“Without question, The Skin Type Solution is the best book I’ve read on skin care. Every recommendation made by Dr. Leslie Baumann reflects current, state-of-the-art information and research. Baumann’s skin typing profiles are so well organized with precise detail that virtually any reader will be able to identify her type of skin and then choose products that really work. Her recommendations are effective because they are based on science rather than hype and unsubstantiated information found in most books of this nature.”
—Paula Begoun, author of Don’t Go to the Cosmetics Counter Without Me

Leslie Baumann, M.D., is Associate Professor and Director of Cosmetic Dermatology at the Miller School of Medicine at the University of Miami, and founder of the university’s internationally recognized Cosmetic Center. She is on the advisory boards or does research for many companies, including Johnson and Johnson (Aveeno, Neutrogena), Avon, Allergan, and others.

A good book. While the book appears rather fat a lot of the book is taken up with the test and is then mostly divided into sections for each skin type. So there was less information to get from the book than I’d hoped. I did however find the information there was useful and relevant if not as detailed as I had hoped. I liked whenever she suggested products they were in a range of price points. So many books like this recommend a "cheaper product" that starts at something like \$50.00 this book does recommend a good range from drugstore all the way up to high end, so there are choices for every budget. Or for those of us just wanting to try out a skin care routine before investing big bucks. Often there were recommendations for the lower priced items too which was a nice surprise. A good book if your current skin care routine doesn’t seem to be working, you are sure to get some ideas from this that will help.

I purchased this book a few weeks ago and found it to be very informative and extremely helpful. If you are a person like me who constantly uses different products and has no clue on what to use on your skin this will show you the following things: 1.) What Skin type you are. 2.) What products you can use that can be purchased from a local drugs store or something a little more expensive (your choice) 3.) A skin care regimen to follow daily (and if you are using acne medication how to incorporate that into your daily routine) 4.) Ingredients that you should not use for your skin type and information on certain ingredients and what they do for your skin. Basically, this book offers you step

by step directions on how to develop a skin care routine and what products to use to do so. At the end of the day if I had to choose between going to the dermatologist and reading this book I choose the book first. Why, because you will have the basic knowledge needed to fix your skin problems anything beyond trying this you probably would need to then see a dermatologist. Great Book, Easy solutions. Thanks for reading my review :)

Ever wonder what facial products would be best for your skin? Spent lots of dollars and questioned whether the products were doing any good? Kind of thought the skin you had in your twenties or thirties was the same as in your forties and fifties? This book helps you determine your skin type based on 8 different criteria and divides skin into 16 different types. From there the dermatologist provides recommended products for all price ranges and a specific regimen. Once you know your skin type, you can use the doc's website for updates on products also. Discovered I was using some products that weren't recommended for my skin type. I've now purchased the new products and have noticed somewhat of an improvement in 3 weeks and hope to continue to see improvements as more weeks pass. I've passed this book around to family and friends who have also made some discoveries. Recommended!

I bought this book in hopes to gain some insight on how to care for my aging skin. It did give some helpful advice so I'm not sorry with this purchase. I even found my skin type and tried out some of the products (low end ~ she did give a price range of products to fit one's budget) that she recommended. Suprisingly, I was already using some, but I did splurge and bought a couple of others. It's too soon to tell if I look 20 again (I'm 43), but I'll let you know. As I was shopping for the products, I looked up their specific reviews on . For the most part, reviewers gained a lot from using them, others did not. The most common thread I was finding was that users who used any facial cleanser and a face moisturizer twice daily were doing quite well without any help from any of the added suggestions. The other suggested products were either fluff or slightly helped in that the users would trade out their normal facial cleanser for one more tailored to their skin type. I took that into consideration and didn't go overboard in purchasing everything she recommended for my skin. I currently use a daily cleanser with exfoliating scrub and a moisturizer twice daily, but I did add a couple of products (an eye cream for wrinkles and a microdermabrasion product I use twice a week). Overall, I'm happy with this purchase and did gain some useful information.

will completely change the way you see and treat your skin! Soooooo informative, and I love the

way they have care suggestions for every price range.

This is an excellent book. It provides very useful information on the different ingredients to use and to avoid for each skintype. After reading it, I discovered the reason for the pimples on my cheek might have been caused by the irritating ingredients in my makeup. I also really like the fact that she discusses ethnic differences in reactions to skincare products. I am an Asian and it is really helpful to know how some of the lightening and acne treatment in the U.S. may not work for my skin. The only suggestion is to make the product recommendation list more updated. Some of the recommendations cannot be found in stores anymore.

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