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Simple Skincare: Less Is More



Book Information

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Customer Reviews

Dr. Dalia Kalai has written a concise, easy to follow guide to skin care that should be on everyone's health related bookshelf. We tend to forget that the skin is the largest human organ and the first line of defense between ourselves and the outer world. Taking care of it is an essential component of overall health as well as appearance. I found the book to be very helpful and even though women will certainly resonate to the cosmetic aspects of her book, as a man, I found many points to be universally relevant. Simple Skincare is written in a user-friendly, conversational style and contains multiple anecdotes which will keep the reader interested.

"Simple Skincare: Less Is More" is one of the best books I've read on skin care. As a medical reporter I've read a lot of them. There are so many products to choose from today that it's impossible to figure out which one's are the best and who has the time. The book makes it quick and easy. It guides you to your skin type and then suggests products that are right for you. The big bonus; The products are all very affordable, over-the-counter and work to make your skin better. Nice to see something so complicated made simple for a change. It eliminates mass confusion. Marilyn Mitzel, Medical Reporter

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