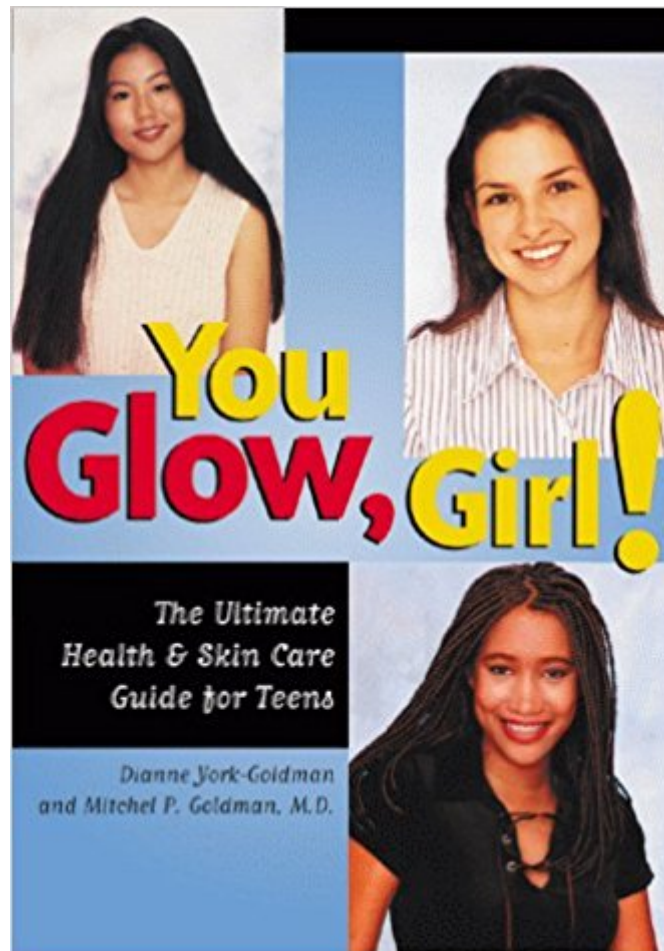




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# You Glow Girl! The Ultimate Health & Skin Care Guide For Teens



## Synopsis

Provides information on the basics of skin care--cleansing, protection from the elements, acne, etc.--and on the essentials of hair and nail care, with a section on such related topics as diet, exercise, and stress.

## Book Information

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## Customer Reviews

"Written in hip, teen-friendly language, this book carries a message of vital importance: skin care and protection during adolescence..." -- Cathy Lewis  
Being healthy and feeling attractive contributes to self-confidence... this is what the Goldmans' book is about... Readers are provided with tips and helpful advice to advance their sense of style and improve upon their own beauty. -- Bettie B. Youngs, Ph.D., author of "How to Develop Self-Esteem in Your Child" and "Taste Berry Tales"  
If young women (and men) would practice the skin tips outlined in the Goldmans' book, the future of dermatologic laser surgery to reverse the marks of aging and acne would become obsolete. Don't let the ravages of excessive sun exposure and poor skin management cause you to be a victim with wrinkled, sun-spotted, and acne-scarred skin. This guide is just the place to start when planning, implementing, and maintaining a proper skin care routine. -- Tina S. Alster, M.D., world-renowned dermatologist and laser surgeon; author of "The Essential Guide to Cosmetic Laser Surgery"

Do you really know your skin type? Why does your acne always flare up during finals week or before an important date? Can a change in shampoo actually make your hair softer and more

manageable? What can be done to make weak, brittle nails stronger, longer, and more shapely? The answers to these, as well as countless other skin-care, health and beauty questions can be found inside! You Glow, Girl! is every young woman's guide to enhancing and maintaining vibrant, youthful-looking skin, not just for today, but for a lifetime. It's fun, easy-to-read, and offers straightforward, practical advice on the topics teens want and need to know most about, including... understanding how the skin works, and how to keep yours wrinkle-free how to identify skin and hair types, then choose appropriate products at the drugstore how to protect yourself from long-term sun damage, yet still look great this summer how to deal effectively with all types of acne tips, tricks and styling techniques that will help you enjoy a good hair day every day the essentials of nail care, including step-by-step instruction for a home manicure and pedicure how proper diet, rest and exercise can help promote a healthy, glowing complexion

Great for teenage girls - for grooming and a more scientific perspective on skin care. Very informative and has careful explanations.

"You Glow Girl!" is a wonderfully uplifting guide for teenage girls! It includes tips for everything from hair care to make-up application to skin protection. A major plus is that all of the advice makes you feel like a million bucks! "You Glow Girl!" is a must have for any adolescent girl!

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