



## Healthy Skin Plain and Simple (Paperback)

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By Pj Sanders

iUniverse, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. To all who care about keeping their skin in good health and looking its best, this is a book of useful information as well as a handy reference guide. There are many products on the market but the question is which ones are right for you. With only marketing texts and one-line ads to rely on it can be hard to make a good selection. This book has 30 years of experience on its pages, closing the gap between the consumer and the cosmetics business. By dispelling much of the confusion it makes the choices so much clearer and easier. There are sections on what skin is, what it needs, and ways to fulfill those needs. Special issues from acne to psoriasis are also covered. There is a glossary of terms to help with those not-so-household words. And certainly a book like this is not complete without a dictionary of label ingredients for easy reference.

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