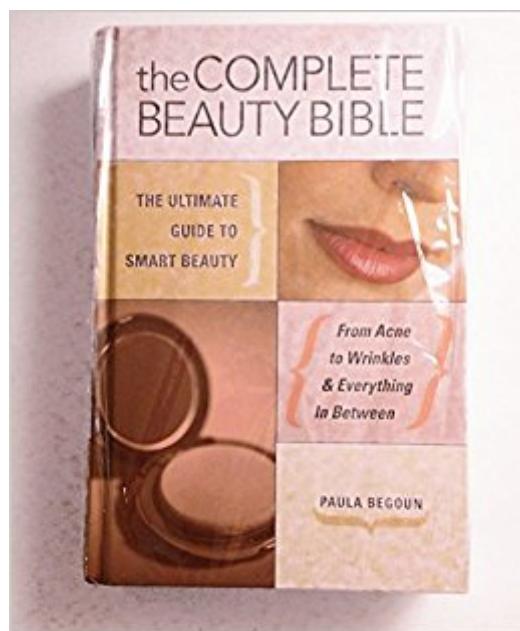


The book was found

# The Complete Beauty Bible: The Ultimate Guide To Smart Beauty



## Book Information

Hardcover: 692 pages

Publisher: Rodale Pr; 1st edition (August 31, 2004)

Language: English

ISBN-10: 1579549993

ISBN-13: 978-1579549992

Product Dimensions: 9.2 x 1.8 x 6.2 inches

Shipping Weight: 2.9 pounds

Average Customer Review: 4.1 out of 5 stars 10 customer reviews

Best Sellers Rank: #554,042 in Books (See Top 100 in Books) #18 in Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Skin Care

## Customer Reviews

I had two of Ms. Begoun's books...one for hair products and the other for just about everything. She proves that you don't have to spend a million dollars to look like you did. I saw her on TV and loved her attitude about buying and using products that are just as good as the more expensive ones and work just as good, if not better. I've recently given this book to a friend and she's told me that she really likes it, too.

Love this book I keep it on my coffee Table for use daily

Very good bible, especially for beauty junkies

This book helps guide you as to what you need and which one would be right for you. Very helpful for me. Now I need more time to read!

Lots of money saving info.

Love this book. Great Deal!!!\*\*\*

I re-evaluated all my cosmetics for ingredients and value to me. After making many notes as I read this book, I assessed every item I use routinely. Bottom line -- several of my expensive products have much more economical alternatives (i.e. Cetaphil for cleansing) and really do not produce the

results being claimed on the packaging. I also now know that I don't need separate moisturizers for eyes, lips and face. I can use 1 product for all. Another key point, is that less truly is more -- keep it simple. By using many products, my skin was reacting to all the ingredients. I minimized my daily regime to only the products that I need for good skin care. It is so easy to get caught up in all the hype from ads, cosmetic counter sales people, and dermatology office staff. I am now more gentle with my skin -- use tepid water and apply minimal pressure when washing and drying. Thanks for shifting my perspective on what I truly need for good looking and healthy skin!

Paula Begoun's down-to-earth beauty advise is a great wakeup call for all those women out there who (understandably) buy into all the cosmetic company sales pitches about all the expensive products we need to look young and beautiful. As Paula explains, skin care can, and should, be inexpensive, basic and simple. Personally, I am very happy with the Wal-Mart Equate brand version of Cetaphil cleanser, the Equate version of Oil of Olay with SPF 15 as a daytime moisturizer/sunscreen (both under \$4 each!), and the best and cheapest nighttime moisturizer ever - a light coating of plain old petroleum jelly, avoiding my nose area (I also use the petroleum jelly to remove eye makeup). Now, I don't follow Paula's advise to the letter - I ALWAYS wear waterproof mascara (sorry, but everything else runs), and I prefer to scrub my face well with the washcloth to exfoliate and cleanse rather than using my fingertips and being overly gentle - but overall, consumers would be well-advised to take heed of her ideas. The only reasons I didn't give the book 5 stars are 1) I already had a good grasp of the basic concepts of the book beforehand, so it wasn't really an earth-shattering revelation to me, although it's definitely a 5-star must-read for anyone confused by industry hype, and 2) her long list of reviews of specific makeup products is vaguely helpful (although I disagree with her negative assessment of Maybelline Great Lash Mascara), but is bound to quickly be outdated as the makeup lines constantly add new products and shades and discontinue others, not to mention the omission of some popular lines like Jane, Bonne Bell, Physicians Formula, and even Wet 'n Wild (their 99 cent eyebrow pencils are the BEST!). I would have also love to hear her assessment of some of the infomercial products like Lauren Hutton Face Disc, Bare Escentuals, Principal Secret, etc. But other than a few minor disagreements, this is highly recommended reading for any woman feeling lost and confused at the cosmetics counter.

[Download to continue reading...](#)

The Complete Beauty Bible: The Ultimate Guide to Smart Beauty The Bible: The Complete Guide to Reading the Bible, Bible Study, and Scriptures (bible, religion, spirituality, holy bible, christian, christian books, understanding the bible) The Beauty Bible: The Ultimate Guide to Smart Beauty

The Bible Study for Beginners Series: Learn the Bible in the Least Amount of Time: The Bible, Bible Study, Christian, Catholic, Holy Bible, Book 4 Bible Brain Teasers for Adults (4 Book Set includes:Bible Crossword Puzzles;Bible Games;Bible Quizzes & Puzzles;Bible Word Search Puzzles) The Complete Parallel Bible with the Apocryphal/Deuterocanonical Books: New Revised Standard Version, Revised English Bible, New American Bible, New Jerusalem Bible Universal Orlando 2011: The Ultimate Guide to the Ultimate Theme Park Adventure (Universal Orlando: The Ultimate Guide to the Ultimate Theme Park Adventure) Universal Orlando 2013: The Ultimate Guide to the Ultimate Theme Park Adventure (Universal Orlando: The Ultimate Guide to the Ultimate Theme Park Adventure) Universal Orlando 2012: The Ultimate Guide to the Ultimate Theme Park Adventure (Universal Orlando: The Ultimate Guide to the Ultimate Theme Park Adventure) BIBLE: How You Study And Find The Hidden Secrets Within The Bible, The Beginners Guide To Understanding The Old Law Jesus Teaches, The Universe Laws Jesus ... The Bible, Law Of Attraction, Bible Study) My Little Bible Box: Little Words of Wisdom from the Bible; Little Blessings from the Bible; Little Psalms from the Bible Hi! I Am Noah, Noah, Beginner's Bible Story Book, Noah and the Ark, Noah and the Flood, Board Book, Bible Hero from the Favorite Bible Charater Series (Bible Figure Books) Easter Kid's Audio Bible-Free Easter DVD a 2nd Free Audio Bible on MP3-Bible Stories for Kid's-Bible Stories for Children with 103 Kid's ... Home School Curriculum 15 Audio CDs-1MP3-1DVD The Beauty of Color: The Ultimate Beauty Guide for Skin of Color The Ultimate Guide to Weight Training for Swimming (The Ultimate Guide to Weight Training for Sports, 25) (The Ultimate Guide to Weight Training for Sports, ... ... Guide to Weight Training for Sports, 25) Prayers and Promises of the Bible (The Smart Guide to the Bible Series) The Original Beauty Bible: Skin Care Facts for Ageless Beauty Inspired By . . . The Bible Experience: The Complete Bible, Audio CD: A Dramatic Audio Bible Performed by 400 of Today's Biggest Stars A Complete Bible Reference Study Library (4 in 1): [Illustrated]: KJV Bible with Strong's markup, Strong's Concordance & Dictionaries, Lexicon Definitions, and Bible word index Homemade Beauty Products: For Beginners - The Complete Bundle Guide to Making Luxurious Homemade Body Butter, Homemade Soap, Homemade Shampoo & Homemade Bath Bombs (Homemade Beauty Recipes)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)