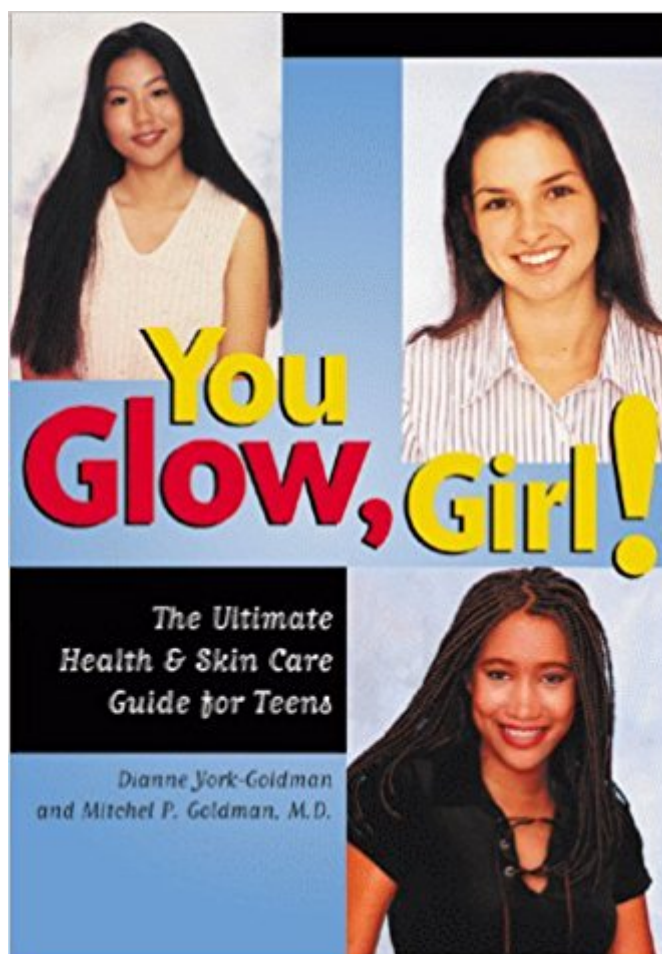


The book was found

# 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

Hardcover: 282 pages

Publisher: Quality Medical Publishing; 1st edition (December 18, 1999)

Language: English

ISBN-10: 1576260941

ISBN-13: 978-1576260944

Product Dimensions: 10.3 x 7.4 x 0.9 inches

Shipping Weight: 2.1 pounds

Average Customer Review: 4.7 out of 5 stars 2 customer reviews

Best Sellers Rank: #3,648,746 in Books (See Top 100 in Books) #54 in [Books > Teens > Personal Health > Personal Hygiene](#) #191 in [Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Skin Care](#) #12838 in [Books > Business & Money > Education & Reference](#)

## 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!

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

You Glow Girl! The Ultimate Health & Skin Care Guide for Teens Organic Skin Care: Heal Eczema and Eliminate Problem Skin with DIY Organic Skin Care Recipes That Nourish, Protect and Hydrate All Skin Types The Golden Glow Formula: Ancient Skin Care Secrets For Younger Looking Skin CAT CARE: BEGINNERS GUIDE TO KITTEN CARE AND TRAINING TIPS (Cat care, cat care books, cat care manual, cat care products, cat care kit, cat care supplies) Essential Oil Beauty Secrets: Make Beauty Products at Home for Skin Care, Hair Care, Lip Care, Nail Care and Body Massage for Glowing, Radiant Skin and Shiny Hairs Skin Care: Eczema Treatment for beginners (2nd EDITION REVISED AND EXPANDED) - How to get rid of eczema forever - Natural Treatments and Available Cures ... Eczema Therapy - Skin Care - Skin Disease) The Ultimate Audition Book For Teens Volume XIII: 111 One-Minute Monologues - Active Voices (The Ultimate Audition Book for Teens) (The Ultimate Audition Book for Teens 13, Young Actors Series) The Mario Badescu way to beautiful skin: How to have radiant, healthy skin using the techniques and all-natural formulas of one of America's leading skin care specialists The New Science of Perfect Skin: Understanding Skin Care Myths and Miracles For Radiant Skin at Any Age Beauty Basics for Teens: The Complete

Skin-care, Hair-care, and Nail-care Guide for Young Women Clinical Guide to Skin and Wound Care (Clinical Guide: Skin & Wound Care) Beauty from Nature: 150 Simple Homemade Skin and Hair Care Recipes to Use Everyday: Organic Beauty on a Budget (Herbal and Natural Remedies for Healthy Skin Care Book 3) Natural Beauty Recipes: 60 Best-Kept Secrets to Care for the Skin: Natural Skin Care Tips Organic Homemade Lotion Recipes - For All Skin Types (The Best Lotion DIY Recipes): Lotion Making For Beginners (organic lawn care manual, organic skin care, beauty and the beast) Skin Care Tips: Simple Tips And Secrets From The Skincare Expert And 10-Step To Take Care Of Your Skin Essential Oils Box Set #17: Coconut Oil for Skin Care & Hair Loss & Healing Babies and Children with Aromatherapy for Beginners (Coconut Oils, Skin Care, ... Healing, Detox, Virgin Coconut Oil) The Ultimate Audition Book for Teens Volume VI: 111 One-minute Monologues for Teens by Teens (Young Actors Series) Psoriasis Cure: Treatments, Natural Remedies and Best Home Managements (Skin Disease, Skin Problems, Skin Diseases and Disorders Book 1) Ultimate Sticker Book: Glow in the Dark: Ocean Creatures (Ultimate Sticker Books) Public Health Nursing - Revised Reprint: Population-Centered Health Care in the Community, 8e (Public Health Nursing: Population-Centered Health Care in the Community)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)