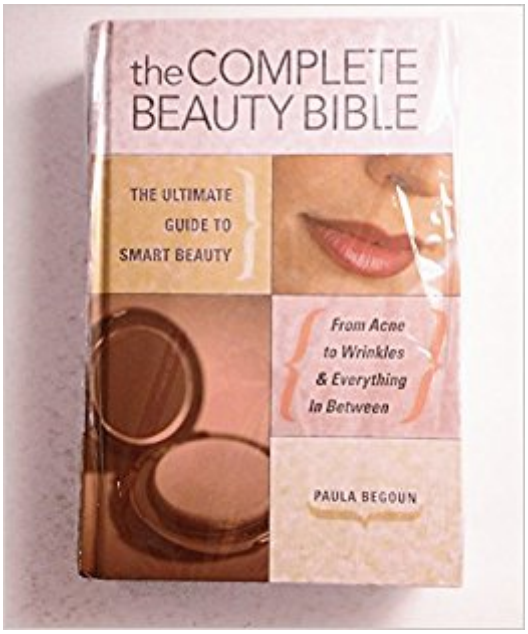
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The Complete Beauty Bible: The Ultimate Guide To Smart Beauty



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Book Information

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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 pont, 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.

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