
Access Free The Little Book Of Skin Care Korean Beauty Secrets For Healthy Glowing Skin

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Winner of the Non-Fiction Lifestyle Book of the Year 2021 (British Book Awards) As seen on This Morning Straight-talking advice from the Skincare Queen The Sunday Times Overall #1 bestseller for the w/e 27th June 2020

Bees continue to fascinate and charm us all - from novice gardeners and nature-lovers to dedicated environmentalists - and today, bees need our help more than ever. Discover the story of these incredible creatures, with The Little Book of Bees.

About other titles in the series, which to date have sold 65,000 copies: The Little Book of Woodland Bird Songs "An excellent home purchase, but it should certainly also be considered by libraries and classrooms that are willing to accept some wildlife sounds. Highly Recommended." --Canadian Review of Materials The Little Book of Backyard Bird Songs "A 'trilling' way to bring na-

tural history into the nursery." --Kirkus "One of the very few items with a battery that I like for young children." --LivingMontessori-Now.com "The sounds and selected facts may spark an interest in venturing out into the backyard 'wild' to glimpse some of its avian residents." --Kirkus Reviews "The naturalist in me adores this book!" --Rainbow Resource Rumble! Hiss! Squawk! Thwack! With just the touch of a button, readers can travel back 65 million years and more to find out what these 12 extraordinary creatures sounded like, from the trombone-like call of Parasaurolophus to the low-frequency rumble of T-Rex. Twelve of the most iconic dinosaur species are brilliantly brought to life with amazing images, fascinating facts and the authentic primeval sounds. The dinosaur noises have been reconstructed in collaboration with leading paleontologist Thomas Williamson, and are based on the very latest paleoacoustic research. The child-friendly book brings the sounds

of a long-lost world to life for young dinosaur fans. The 12 dinosaurs are: Carnotaurus Deinocheirus Stegosaurus Pachycephalosaurus Allosaurus Triceratops Apatosaurus Tyrannosaurus Sinosauropteryx Ankylosaurus Parasaurolophus Velociraptor. Features include accurate text and 12 realistic illustrations on sturdy pages, authentic sounds, a high-quality sound module allowing for replaceable batteries, and packaging that conforms to required safety standards. This is a surefire treat for all young dinosaur enthusiasts.

Beauty tips and tricks from the salons of South Korea

A revolutionary 3-step method for younger looking skin, from the dermatologist behind Hollywood's A-list stars. Renowned Beverly Hills dermatologist Dr. Harold Lancer is the expert on whom Hollywood's top celebrities rely to maintain their radiant complexions and to reverse the effects of aging. Now, he offers readers his groundbreaking 3-Step Method to rejuvenate their skin at home. Based on years of clinical research, Dr. Lancer's regimen stimulates the skin's own transformative healing power for lasting results. He provides a road map to help readers navigate the mixed messages of today's dermatological advice, avoid expensive invasive treatments, and see through the empty promises of so many beauty products. He recommends the most effective skin care products for every budget from drugstores, department stores, and spas. He suggests surprising lifestyle choices in diet, exercise, and stress management that support beautiful skin. Whether the reader wants to maintain youthful skin or reverse the aging process, Dr. Lancer's Anti-Aging Method offers a comprehensive program for ageless, radiant skin.

What does it mean to be beautiful? Bernadette Fisers has spent a career in fashion hair and makeup, travelling the world to work on famous faces - so she knows better than most that beauty is much more than skin deep. Anyone can be beautiful, and it starts simply with loving yourself. In this wise little book, she shares a lifetime's worth of tips for creating the kind of inner and outer beauty that makes you glow - simple truths like kindness, authenticity, acceptance and generosity that shine through and make life richer and more joyful. We all know that when we look good, we feel better too - so Bernadette also spills the secrets that only a beauty insider could know. From the products you seriously can't live without to the ones you most definitely can, plus all the essential techniques, she'll guide and empower you to make smart, beautiful choices for yourself so you can look your absolute best with minimal confusion and expense. In an hour, you'll be on your way to a more beautiful you.

Elevate your self-care routine using the benefits of CBD—or cannabidiol—with these 200 methods to improve your mind, body, and spirit! Many people have already been implementing CBD into their self-care routines and are loving all the many soothing benefits it brings. But with so many products and supplements now available in the marketplace, it can be difficult to figure out what will work best for you. In *The Little Book of CBD for Self-Care* you'll find 200 CBD-powered activities that can boost your self-care experience. From stretching exercises using CBD to soothe sore muscles, to skin-calming face mask recipes, to CBD-fueled smoothie breaks, you'll find all the tools to start feeling your best. Take some much-needed time for yourself with these quick and easy methods to relax and recharge.

The exiled scion of a prominent Boston family, forty-seven-year-old Wheeler Burden is living in 1988 San Francisco until he is mysteriously transported to fin de siècle Vienna, a city that he finds strangely familiar, where he finds a mentor in Sigmund Freud.

From New York Magazine's resident skincare obsessive, this friendly, start-where-you-are guide to the essentials of skincare helps readers cut through the noise to discover the routine that works for them. Skincare is one of the fastest-growing retail segments in the United States. But despite how much money Americans spend on products designed to tighten wrinkles, close pores, and increase hydration, there's little advice about how to figure out which one of a million eye creams will suit your skin and solve your particular skin health concerns. Enter Rio Viera-Newton, the beauty-obsessed best friend whose advice drives thousands of readers to New York magazine every week. Despite her popularity and trust, she's not an MD or an esthetician, but a devoted amateur who organically rose to fame when her detailed Google Doc outlining the products that worked—or didn't—on her journey to heal her acne went viral. Let's Face It is a compendium of super-simple principles for healthy skin, helping readers move beyond branding or the recommendations of influencers to discover the remedies that will solve their skin concerns—and to find them in products at any price point. This book also includes: Rio's five pillars of skin care Fixes for issues on a skin-type by skin-type basis Guidelines on how to layer your products for the most effective routine, day and night A close look at the ingredients found in many skin care products Tips and lessons from first-hand experience

An overview of a traditional Korean skin care routine And much more With concrete steps to walk readers through the process of adding products to their routine, evaluating the results, and developing the routine that best works for them, Let's Face It is the only book the skincare-obsessed reader really needs—and it's the perfect gift for the beauty fanatic in your life.

A skin- and hair-care book. It includes: step-by-step instructions for creating lotions and potions from natural ingredients; information on how best to use treatments such as massage and aromatherapy; and tips on how to feel and look better whatever your age.

Please note: This is a companion version & not the original book. Sample Book Insights: #1 I was a quintessential L. A. girl for the first twenty-one years of my life. I had a year-round tan, blond highlights, and lived in flip-flops. I wore cutoff shorts from Abercrombie Fitch and sipped on vanilla milkshakes with my burger and fries. #2 I grew up in a Korean household in California, and I straddled both cultures. I spoke English at school, but Korean at home. I was determined to blaze my own trail, and I didn't care about skin care. With time on my side, I put my money toward the latest it perfume instead. #3 I had made the most of living my teenage years in California, but as a young adult, I was bored with the beach and burgers existence. I decided to get out of there and go to college. #4 I was offered a job in Seoul, and after college, I moved there. I was warned that Seoul was fast-paced and overly competitive, but I was convinced that the years I spent in Seoul would be the best of my life.

The perfect pick-me-up for any expectant mum Whether this is your first or fifth baby, The Little Book of Self-Care for Mums--

to-Be is your essential handbook for managing the joyful chaos of pregnancy. Drawing on decades of experience, doula Beccy Hands and midwife Alexis Stickland share insider tips on keeping yourself comfortable, happy and calm however your pregnancy and birth may unfold. From the best sleeping positions and simple recipes for morning sickness to relaxing essential oils and easy home remedies for aches and pains, this book will help you feel supported, empowered and understood. Beautifully illustrated in full-colour, this reassuring guide covers everything you need to know, trimester by trimester, so you can enjoy the wonderful journey to motherhood.

How did she turn a side hustle into a game-changing business, and at the same time, achieve happiness and fulfillment in her life? For Charlotte, it all came down to one thing—jeong. One of the most important Korean cultural values, jeong is a feeling of loyalty and of strong emotional connection to people and places. It goes deeper than love and friendship and grows stronger with time. In South Korea, jeong is critical for success in every facet of daily life, from cultivating hobbies to developing careers and relationships. In *The Little Book of Jeong*, Charlotte shares how jeong changed her own trajectory in life, landing her a job opportunity in Seoul and giving her the fuel she and her husband Dave needed to launch a ground-breaking digital skin care platform and skin care line. A personal story that centers around the deep bond she built with Korea, Charlotte reveals how jeong can radically change our relationships with our loved ones, our work, and the world around us, and challenges us to cultivate jeong in our own lives.

The book of human skin is a large volume with many pages of villainy writ upon it. There are people who are a disease, you know. 13 May, 1784, Venice: Minguillo Fasan, heir to the decaying, gothic Palazzo Espagnol, is born. Yet Minguillo is no ordinary child: he is strange, devious and all those who come near him are fearful. Twelve years later Minguillo is faced with an unexpected threat to his inheritance: a newborn sister, Marcella. His untempered jealousy will condemn his sister to a series of fates as a cripple, a madwoman and a nun. But in his insatiable quest to destroy her, he may have underestimated his sister's ferocious determination, and her unlikely allies who will go to extraordinary lengths to save her...

The cutting-edge science that is taking the measure of the universe *The Little Book of Cosmology* provides a breathtaking look at our universe on the grandest scales imaginable. Written by one of the world's leading experimental cosmologists, this short but deeply insightful book describes what scientists are revealing through precise measurements of the faint thermal afterglow of the Big Bang—known as the cosmic microwave background, or CMB—and how their findings are transforming our view of the cosmos. Blending the latest findings in cosmology with essential concepts from physics, Lyman Page first helps readers to grasp the sheer enormity of the universe, explaining how to understand the history of its formation and evolution in space and time. Then he sheds light on how spatial variations in the CMB formed, how they reveal the age, size, and geometry of the universe, and how they offer a blueprint for the formation of cosmic structure. Not only does Page explain current observations and measurements, he describes how they can be woven together into a unified pic-

ture to form the Standard Model of Cosmology. Yet much remains unknown, and this incisive book also describes the search for ever deeper knowledge at the field's frontiers—from quests to understand the nature of neutrinos and dark energy to investigations into the physics of the very early universe.

It is the largest and perhaps the most important organ of our body—it covers our fragile inner parts, defines our social identities, and channels our sensory experiences. And yet we rarely give a thought. With *The Book of Skin*, Steven Connor aims to change all that, offering an intriguing cultural history of skin. Connor first examines physical issues such as leprosy, skin pigmentation, cancer, blushing, and attenuations of erotic touch. He also explains why specific colors symbolize certain emotions, such as green for envy or yellow for cowardice, as well as why skin is the focus of destructive rage in many people's violent fantasies. *The Book of Skin* then probes into how skin has been such a powerfully symbolic terrain in photography, religious iconography, cinema, and literature. From the Turin shroud to Ralph Ellison's *Invisible Man* to plastic surgery, *The Book of Skin* expertly examines the role of skin in Western culture. A compelling read that penetrates well beyond skin-deep, *The Book of Skin* validates James Joyce's declaration that "modern man has an epidermis rather than a soul." "Richly conceived and elaborately thought out. No flicker of meaning has escaped Connor's ferocious, all-seeing eye."—Guardian

Make your love life sizzle with this collection of mind-blowing sex positions inspired by the classic Eastern book of erotica. With positions ranging from slow and sensual to frisky and fun, this book

features all the classics as well as adventurous new positions to try, you'll never want to go back to *Missionary* again!

Cosmetics have been used to increase attraction since Ancient times whilst Compacts have been a symbol of love for generations but especially since the 1920s. In this fascinating book, vintage accessories expert, Madeleine Marsh, discusses just what makes compacts so desirable and reveals their hidden secrets from cameras to cigarettes. Madeleine shows what to buy and where, what to spot when buying and how to make the most of your compacts, vintage cosmetics or beauty accessories."

Skincare is self-care. This guide book helps you get to know and improve your skin health with useful tips and recommendations for using everyday ingredients and skin products in a super simple, unique-to-you ritual. Vicky Tsai, founder of Tatcha Skin Care, is sharing generations-old, time-tested Japanese skincare traditions with you. No matter how you customize it, all you need is two minutes and four steps: Purify, Polish, Prep, and Nourish. But *Pure Skin* isn't just about basic skincare, it's also about a lifestyle; it begins with how you eat and even how you sleep. You'll also learn about:

- East vs. West: Learn why spot treatment and quick fixes never make lasting changes
- A Silken Path to Softer Skin: Pamper yourself with silk in five different ways
- What's Your Skincare Psyche?: Discover your skincare personality and what treatment will work for you
- Sheet Masks Demystified: Indulge in this scientifically-proven beauty trend once a week
- Ingredients to Believe In: Use the six traditional ingredients found in Japanese skincare
- The Japanese Diet for Clear Skin: Feed your skin with the trinity of Japanese superfoods

New to making your lunch at home? Staring into your fridge in de-

spair? The Little Book of Lunch is for you! Filled with delicious and simple recipes, The Little Book of Lunch has clever approaches to classics making them easy for working from home, meals that taste delicious at room temperature, quickly assembled dishes for when you barely have five minutes and recipes for when the cupboards are bare. It includes: -Wholesome and healthy salads like tabouleh -Indulgent and decadent dining like grilled halloumi, vegetable and avocado couscous -Sandwiches for when you are chained to your desk like guacamole and tomato salsa on rye -Store-cupboard snacks like spicy lentil and coconut soup -Sweet treats to brighten up the day like salted caramel brownies 'Packed full of food you can really get excited by, it's a much-needed rallying call to reclaim the lunch hour!' Felicity Cloake

Safeguard your bottles from light and heat. Create amazing aioli, the greatest gazpacho, the perfect pasta dish, and magnificently moist cakes (marvellous marinades and delectable dressings too). There are useful notes on how to flavor your oils, and some skin-soft solutions to help with shaving and moisturizing. "Little Book of Olive Oil Tips" is a great and glossy collection of tips.

The secrets behind the world's most beautiful skin! In Korea, healthy, glowing skin is the ideal form of beauty. It's considered achievable by all, men and women, young and old—and it begins with adopting a skin-first mentality. Now, this Korean beauty philosophy has taken the world by storm! As the founder of Soko Glam, a leading Korean beauty and lifestyle website, esthetician and beauty expert Charlotte Cho guides you through the world-renowned Korean ten-step skin-care routine—and far beyond—to help you achieve the clearest and most radiant skin of your life

With Charlotte's step-by-step tutorials, skin-care tips, and advice on what to look for in products at all price levels, you'll learn how to pamper and care for your skin at home with Korean-approved techniques and pull off the "no makeup" makeup look we've seen and admired on women in the streets of Seoul. And you'll get access to beauty secrets from Charlotte's favorite beauty gurus from around the world, including supermodels, YouTube sensations, top makeup artists, magazine editors, actresses, and leading Korean skincare researchers. With the knowledge of an expert and voice of a trusted friend, Charlotte's personal tour through Korean beauty culture will help you find joy in the everyday beauty routines that will transform your skin.

Clever little ways to improve your daily life!

Have you ever thought why every workout you have ever done stopped at the neck? Or wondered why traditional yoga calms the mind, tones the body but forgets the face? Are you looking for a natural way to look and feel younger and healthier? Danielle Collins, TV's Face Yoga Expert, believes we should all have the opportunity to look and feel the very best we can for our age and to care for our face, body and mind using natural and holistic techniques. Her method requires just 5 minutes a day and could not be easier to get started. Integrating practical facial exercises with inspirational lifestyle tips, including diet and skincare, Danielle Collins' Face Yoga is a revolutionary new programme to help you achieve healthier, firmer, glowing skin.

The ultimate cheat sheet that sets out a workable and flexible plan for successful weight loss to fit every lifestyle and diet choice. In this "worst-case diet survival handbook", nutritionist

and founder of Foodtrainers™, Lauren Slayton offers strategies and tips to avoid the most disastrous diet booby traps. Along with her no-nonsense nutrition and exercise advice, readers will discover that the missing component of most weight-loss schemes is planning. Planning to succeed and planning for the obstacles on the way to slim are as vital as what and when to eat and how to incorporate fat-burning activity into your day. All too many dieters give up when they hit a few road bumps created by work, family, socializing, travel, fatigue or indifference. Slayton comes to the rescue with:

- The Big 10 “Do-Not-Pass-Go” Basics, from high protein breakfast to “closing the kitchen” after dinner!
- Top Ten Things to Avoid to Get Healthy and Slim Down Fast
- The 4 P’s -- Plan, Purchase, Prep and Promise -- to get and stay on track
- The 4-Step Treat Training Strategy to survive the “Witching Hour”

Dozens of smart, simple ways to cope with the big obstacles to slim: family, restaurants, travel, entertaining, alcohol and more. Slayton provides the know-how and the what-to-do-when-things-go-south to help readers keep on track, no matter what diet they follow.

Everything you ever wanted to know about beer but were too busy drinking it to ask. The Little Book of Beer is a light-hearted, irreverent but also informative book that celebrates beer culture. The book should be something that enlightens the reader while also leaving them foaming (pun intended) at the mouth at the mere thought of going for a pint. It will show how beer is one of the great unifiers, a drink almost as old as time, and it is something that brings people together and makes them happy. While it celebrates how beer has influenced popular culture and vice versa, it avoids falling into obvious traps of beer snobbery or

elitism. 'You can't be a real country unless you have a beer and an airline - it helps if you have some kind of football team, or some nuclear weapons, but in the very least you need a beer.' Frank Zappa. 'When all else fails, there is music. When that fails you, there is beer.' James Hauenstein.

As seen on Dr. Oz, a revolutionary, naturopathic plan that enhances beauty, improves health, and reverses aging, Dr. Pina's powerful program is guaranteed to make you glow from the inside out. The philosophy of naturopathic medicine is to use the most natural methods to achieve optimal health and beauty. People who follow this philosophy have a "glow"--an almost indescribable radiance, beauty, and energetic vitality. Dr. Pina's holistic wisdom blends practices from naturopaths, scientists, and Chinese medicine and is informed by medical research. This practical guide presents the five simple keys to great beauty and health (sleep, food, exercise, relaxation, detoxification), explains how to maximize their benefits, offers advice on natural remedies like vitamins and herbs, and gives Dr. Pina's expert guidance based on over a decade of research and clinical experience. The book's tips include: The real secrets behind staying young. The best practices for radiant skin and hair. The vitamins and herbs that work like magic bullets. Simple daily habits that help overcome stress and shed extra pounds. Dr. Pina clears up the confusion about what actually works and what doesn't and dispels the popular myths that are doing more harm than good. By following Dr. Pina's advice, you will see yourself looking more radiantly beautiful each day.

House plants are having a moment. Inexpensive to purchase, easy to care for and a statement in any space they inhabit, grow-

ing these plants is virtually foolproof. The Little Book of House Plants and Other Greenery is a source of green inspiration for small-space gardening, featuring a directory of 60 of the most popular varieties of foliage to own. From dramatic palms and tropical leafy wonders to beautiful ferns and flowering potted plants – this book covers everything you need to know about nurturing and growing your own. Each of the 60 plants is accompanied by luscious photography and an easy-to-follow breakdown of all the essential requirements for that variety. This includes details on size, growth and flowering, along with any extra tips on caring for that specific plant.

A SUNDAY TIMES DESIGN BOOK OF THE YEAR

The definitive guide for harnessing the power of colour to improve your happiness, wellbeing and confidence Wouldn't you like to boost your confidence simply by slipping on 'that' yellow jumper? Or when you get home after a stressful day, be instantly soothed by the restful green of your walls? The colours all around us hold an emotional energy. Applied Colour Psychology specialist, Karen Haller, explains the inherent power of colour; for example, looking closely at the colours we love or those we dislike can bring up deeply buried memories and with them powerful feelings. A revolutionary guide to boosting your wellbeing, The Little Book of Colour puts you firmly in the driver's seat and on the road to changing the colours in your world to revamp your mood and motivation. Illuminating the science, psychology and emotional significance of colour, with key assessments for finding your own true colour compatibility, this book will help you to rediscover meaning in everything you

do through the joy of colour. Get ready to join the colour revolution, and change your life for the better.

The Healthy Skin Kitchen is an essential resource for anyone who wants beautiful skin, particularly people who struggle with eczema, acne, and other skin disorders. It is laid out practically and beautifully, with gorgeous photography inspiring a healthy lifestyle. The recipes are allergy-friendly and include vegan and autoimmune paleo options to ensure there are options tailored to a wide range of people. Most skin health books use ingredients that are rich in salicylates and histamines, like coconut, avocado, fermented foods, etc. This book is the first to explode the myth that such foods benefit skin health. It focuses on low chemical foods that are truly healing for the skin. Find answers and methods to combat acne, allergies, dandruff, leaky gut, migraines, rosacea, and many more conditions. Even those without skin problems will benefit from these accessible, nutritious recipes. Care for yourself and reclaim your life with The Healthy Skin Kitchen.

'The temple of Korean cosmetics' Vanity Fair 'This book leaves no stone unturned when it comes to trying to help people achieve the perfect skin' Daily Mail Featured in Refinery29. This is the ultimate no-nonsense manual to daily Korean beauty care; in it you will find step-by-step morning and evening skincare routines, the best product advice and actionable tips on how to take care of your complexion. In this handbook, the experts in Korean cosmetics will also teach you how to use everyday beauty products, describe the natural ingredients that will best suit your skin type and give you advice on tried-and-tested Korean skincare regimes to make your skin glow. The Korean Skincare Bible will help you

to feel truly confident in your own skin. Chapters: The history of Korean beauty The importance of caring for your skin Korean beauty products The Korean beauty routine Natural ingredients in Korean beauty Natural beauty K-beauty do's and don'ts Korean beauty trends Korean skincare answers Korean skincare tips for men Korean beauty travel tips

Easy massage routines to soothe your baby and communicate love. To a baby, touch is talk, and with these soothing techniques, you and your child can share some of your most fulfilling communicative moments. Calm and comfort your baby from head to toe with a step-by-step full-body massage; discover ways to incorporate massage into your baby's day-to-day routine; and ease common ailments such as colic, teething, and constipation. With expert guidance from a Certified Infant Massage Instructor, explore the physical and emotional benefits of baby massage and enjoy this most intimate way to relax, soothe, and nurture.

Rhyming verse describes the diversity of skin color, promotes self-esteem, and explores how children can be both unique and similar at the same time.

Expensive modern skin treatments and cosmetics are accompanied by slick marketing campaigns that equate them with glamour, happiness and health. But how healthy are they? What do they contain and what are they really doing to your skin? Your skin rapidly absorbs chemicals and passes them into your bloodstream, so why would you put anything on your skin that you wouldn't be prepared to eat? Feeding Your Skin is full of easy and delicious recipes for natural beauty treatments that you can make from everyday ingredients: from cleansers, toners, mois-

turisers, exfoliants, masks and lip balms, through to nail treatments, shampoos, sunscreens and even deodorants. In fact, everything you need to keep your face and body beautiful and healthy.

Take Your Skin to the Next Level with This Guide to Korean Skin Care "This book feels like talking with a trusted friend, one so generous with practical advice and wisdom. I wish our Dermatology textbooks had chapters like these!" —Dr. Erin Tababa-Santos, creator of The Nerdy Derma #1 New Release in Massage and Skin Ailments Have you always longed for that fresh, glowing, no-makeup look? With this step-by-step guide to Korean skincare routines, anyone can attain healthy skin. But Skincare for Your Soul takes it one step further—it guides you to a place where skincare is also self-care. The Korean skin care journey. As much as we'd like, glowing, clear skin doesn't happen overnight. But there is beauty in the process—not just the results. Author Jude Chao links skincare to self-care culture, giving readers a practical guide to developing an ideal skincare routine and using it to help manage stress, anxiety, and depression. The Korean skincare routine invites us to look at our skincare not only as a way to reduce lines and wrinkles or clear up breakouts, but as a tool for developing our self-care habits. Steady improvement is the goal. Photo-shopped perfection is neither realistic nor a healthy goal. What matters is caring for our mental health and building our self-esteem by intentionally taking time each day to give our skin some love. But it starts with changing how we view skincare and developing a routine that fits our personal needs and goals, and Chao helps you do that. Dive into Chao's book on K-beauty and discover:

- An easy-to-follow, step-by-step guide to skincare
- A clear

breakdown of skincare products (not brands), and pros and cons to help customize your routine • How Korean skin care can be a reliable and effective mental health management tool • Tips for avoiding common types of exploitative and manipulative beauty marketing If you enjoyed books like *The Little Book of Skin Care*, *The Skincare Bible*, or *Glow from Within*, you'll love *Skincare for Your Soul*.

We all deserve to look our best, every day, and this lovely guide to skin care offers countless ideas, tips, and tricks for maintaining healthy, radiant skin. With more than 30 stressfree routines for every skin type—dry, oily, combination, aging—and for every moment in life—prepping for a big event, calming a breakout, traveling on a long flight, indulging on a night in—plus advice on how to care for your skin from the inside out, this freshly illustrated handbook has just the thing for every face. With its emphasis on accessible skin care that will appeal to both the barefaced and the cos-

metics obsessed, this is a sweet and simple beauty bible for women of all ages.

SOAP SAVES LIVES. But did you know that excessive use of soap and skin-care products is harming our health and the environment? Apart from in hand-washing there is no need to use soap on our bodies at all? Doctor and preventative medicine expert James Hamblin gave up showering five years ago and only ever uses soap on his hands. In *Clean*, he takes us on an irreverent and entertaining journey through our complex relationship with our bodies and cleanliness. Drawing on the latest science, he introduces a new way to think about cleanliness - one that is cheaper, simpler and better for our skin, our immunity and the world in which we live. * With a new afterword by the author * 'Fun, interesting and credible' New York Times 'Persuasive... Clean made me chuckle and then left me thoughtful' Daily Telegraph