

Download Online Boek Nederlands The Skincare Bible - Dr Anjali Mahto



Download online boek Nederlands The Skincare Bible Dr Anjali Mahto , 'I now feel safe in the knowledge that I'm armed with the latest science-backed information about how to care for my skin' Chloe Brotheridge, author of *The Anxiety Solution*

We all know that taking good care of our skin is the key to any effective health and beauty regime. But with so much conflicting information out there, the path to healthy skin can seem far from clear.

Dr Anjali Mahto is one of the UK's leading consultant dermatologists. Equipped with years of expertise and the most up-to-date evidence, she sets out to cut through the noise and distinguish the nuggets from the nonsense. Chia seeds won't make your skin glow and lilac water is never going to reduce acne scarring. And, when it comes to the best products, high price doesn't necessarily mean high quality.

Tackling common complaints such as acne and dryness, rosacea and aging, *The Skincare Bible* is your definitive companion to your body's biggest organ. Clear, concise and packed full of tips on the best products and routines, it will help you discover what works for you and find confidence in your own skin. This is *you* expert guide to great skin - pure and simple.

'A refreshing, fad-free guide to glowing skin. A must read for anyone struggling with their skin health' Dr Megan Rossi

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