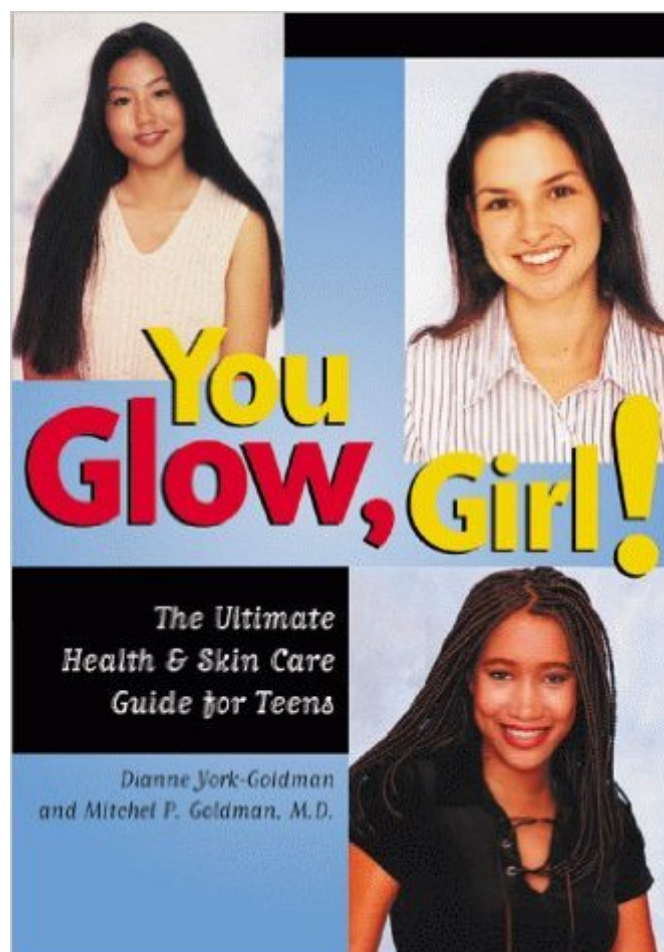


The book was found

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: 4.5 out of 5 starsÂ Â See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #4,267,721 in Books (See Top 100 in Books) #49 inÂ Books > Teens >

Personal Health > Personal Hygiene #228 inÂ Books > Health, Fitness & Dieting > Beauty,

Grooming, & Style > Skin Care #15146 inÂ Books > Business & Money > Education & Reference

Customer Reviews

"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!

Great for teenage girls - for grooming and a more scientific perspective on skin care. Very informative and has careful explanations.

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Disease: Diagnosis and Treatment (Habif)) Secrets of Lemon Rediscovered: 50 Plus Recipes for Skin Care, Hair Care, Home Cleaning and Cooking Dogs: The Ultimate Care Guide: Good Health, Loving Care, Maximum Longevity This Is Now: A Girl-to-Girl Devotional for Teens Home Health Handbook (3-ring binder, Allergies & Skin / Cancer / Infectious Diseases / Mental Health) Health Care Will Not Reform Itself: A User's Guide to Refocusing and Reforming American Health Care Essentials in Hospice Palliative Care - Second Edition: A basic end-of-life manual explaining how to care for the dying and helps health care workers, family and patients deal with death and dying. Seventeen Ultimate Guide to Beauty: The Best Hair, Skin, Nails & Makeup Ideas For You Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and ... with Others (Instant Help Book for Teens) Health Care Information Systems: A Practical Approach for Health Care Management Health Care Finance: Basic Tools for Nonfinancial Managers (Health Care Finance (Baker)) Curing Medicare: A Doctor's View on How Our Health Care System Is Failing Older Americans and How We Can Fix It (The Culture and Politics of Health Care Work) Delivering Health Care In America (Delivering Health Care in America: A Systems Approach) Global Health Care: Issues and Policies (Holtz, Global Health Care) A Smart Girl's Guide: Babysitting: The Care and Keeping of Kids (Smart Girl's Guides)

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