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The Japanese Skincare Revolution 2012-03-16

japanese women are renowned for their beautiful skin but until now there has been no book in english that reveals the secrets of the typical japanese beauty routine the japanese skincare revolution is the first guide for women of all ages and races who want to have beautiful skin like the japanese and don't want to spend lots of money on cosmetics and treatments to achieve it author chizu saeki is a practicing aesthetician and beauty consultant whose dream is to teach ordinary women how to become more beautiful to this end she writes books teaches and tours japan giving demonstrations of the techniques she developed over a career spent in the beauty industry her books have sold more than 3 million copies in japan and the revolutionary ideas presented in this volume have won the approval of skin doctors within japan and out the japanese skincare revolution is saeki's best selling skincare title and her first to be translated into english it is a distillation of all of her most essential techniques in it readers will be introduced to the lotion mask a moisturizing treatment for keeping the skin fresh and lustrous hand techniques for toning the muscles of the face lymph massages for draining toxins and improving blood flow natural no nonsense remedies for wrinkles sagging oiliness pimples and blackheads warm care and cool care for soothing the mind and body water massages to energize the skin and much much more throughout the book saeki calls on the reader to use her own hands to touch and treat her face and her own eyes to judge what her skin needs she leads her toward a wholehearted skincare routine that will have her complimenting herself as her skin responds by following saeki's advice every woman will discover that it's possible to have beautiful skin at any age without spending a fortune

Pure Skin 2018-05-08

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

DIY Skincare 2016-04

DIY Skincare: 100 Recipes for Natural Beauty

DIY Skincare 2016-10-21

DIY Skincare: 100 Recipes for Natural Beauty

El cuidado de la piel: La revolución japonesa / The Japanese Skincare Revolution 2018-09-25

el máximo best seller japonés sobre el cuidado de la piel los secretos de belleza para pieles de todas las edades por la máxima experta en japon y autora con cinco millones de ejemplares vendidos de su obra el libro imprescindible sobre el cuidado de la piel según 500 000 mujeres japonesas cómo tener una piel perfecta a cualquier edad con técnicas naturales por fin un libro desvela las rutinas de belleza que siguen las mujeres japonesas para mantener la piel joven y saludable en él chizu saeki la máxima autoridad nipona en belleza comparte los trucos esenciales para todo tipo de pieles y mujeres de todas las edades como los seis masajes imprescindibles para tonificar los músculos del rostro y suavizar las arrugas los masajes linfáticos específicos para el cuello y el mentón las rutinas para la limpieza de cutis y una mascarilla de tres minutos para que la piel luzca radiante y sin arrugas los mejores remedios naturales contra la flacidez la grasa las espinillas y los puntos negros saeki nos enseña a juzgar con los ojos las necesidades de nuestra piel y a tratarla con nuestras manos nos introduce así en una rutina de cuidados con la que obtendremos de nuestro rostro una respuesta

positiva demostrando que es posible tener una piel perfecta a cualquier edad sin gastar una fortuna en cosméticos english description the ultimate japanese skincare guide and bestselling book these are the best kept beauty secrets for skin types of all ages revealed by the biggest japanese skin expert and author whose works have sold over five million copies according to more than 500 000 japanese women this is the most essential and ultimate book on skin care at last a book that reveals the beauty routines that japanese women follow daily to keep their skin looking young and healthy in it chizu saeki the highest authority when it comes to japanese beauty shares essential tricks for all skin types and women of all ages such as six essential massages to tone the muscles of your face and soften wrinkles the best lymphatic massages for your neck and chin skin cleansing routines and a three minute mask to make your skin look radiant and wrinkle free the best natural remedies against loose skin fat pimples and blackheads saeki teaches us to judge with our eyes what it is that our skin needs she teaches us how to get a routine started so that we can get a positive response from our face and she shows us that it is possible to have perfect skin at any age without spending a fortune on expensive skin products

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Japanese Holistic Face Massage

Japanese Holistic Face Massage 2013-07-28

based on the ancient system of chinese medicine japanese holistic face massage has been used for centuries to maintain a youthful complexion reflect inner calm and promote longevity this comprehensive introductory guide explains how to perform the massage and explores the therapeutic benefits of this treatment beginning with a brief account of the philosophy behind japanese holistic face massage including ki qi prana acupuncture and the five elements and highlighting the importance of the skin the book provides everything needed to understand how the treatment works fully illustrated it includes step by step instructions on the movements of the massage explaining the effect they have on the energy flow and the benefits this can have on emotional and physical health the book focuses on the health aspects of this type of massage and explores how it can provide a supplement to health professionals work with specific ailments this book will be an invaluable resource for massage therapists hospice professionals primary care professionals and anyone with an interest in massage and wellbeing

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The Diary of Lady Murasaki

The Diary of Lady Murasaki 2014-02-06

the diary of lady murasaki records the daily life of the heian era lady in waiting and writer murasaki shikibu author of the tale of genji most likely written between 1008 and 1010 the largest portion of the diary consists of descriptive passages of the birth of empress shoshi s akiko children shorter vignettes chronicle the author s life at the imperial court interactions between imperial ladies in waiting and with court writers such as izumi shikibu akazome emon and sei shonagon the work was written in kana then a newly developed writing system that brought vernacular japanese from a spoken language to a written language

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