



The Beauty Workbook: A Commonsense Approach to Skin Care, Makeup, Hair, and Nails

Cynthia Robins

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Bold, hip, and brimming with great insider advice, *The Beauty Workbook* is the ultimate interactive guide to personal care for women. Beauty expert Cynthia Robins demystifies products and regimens and streamlines the overwhelming bounty of information into smart, lively text. Each tabbed chapter offers up hundreds of fantastic tips and practical counsel on how to:

- Slow the aging process
- Navigate the maze of makeup counters
- Protect against sun damage
- Choose colors that work best for your particular style and skin tone
- And more

The quizzes and exercises help appraise skin, hair, and nail types to determine the ideal approach to personal beauty. Tons of vibrant photographs, drawings, and color swatches make for easy reference and inspiration. With a handy back pocket for storing clippings, labels, and more, *The Beauty Workbook* is every woman's indispensable guide to looking and feeling beautiful.



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