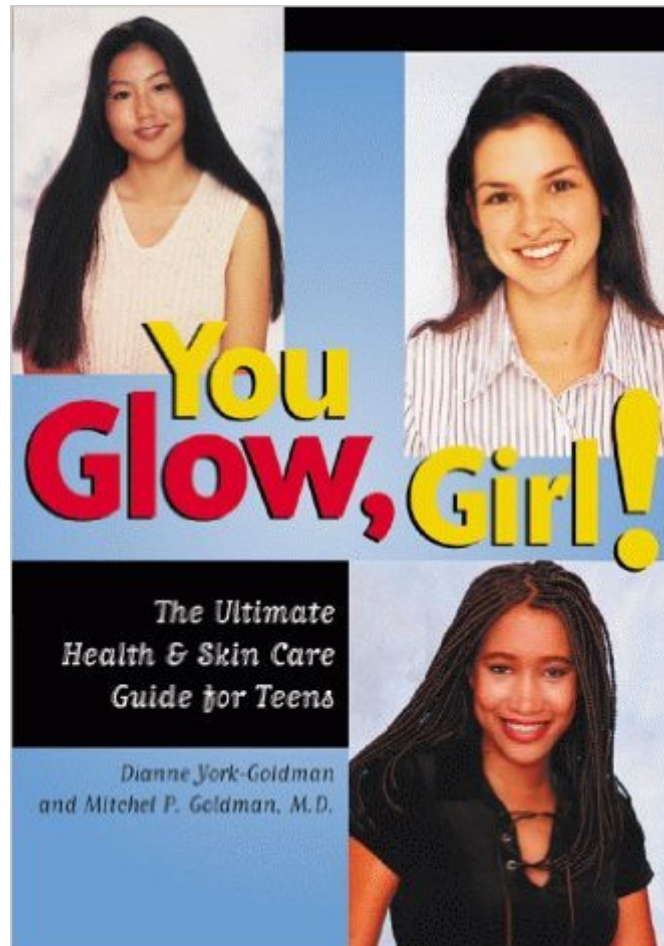


The book was found

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

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Product Dimensions: 10.3 x 7.4 x 0.9 inches

Shipping Weight: 2.1 pounds

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (2 customer reviews)

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

[Personal Health > Personal Hygiene](#) #228 in [Books > Health, Fitness & Dieting > Beauty,](#)

[Grooming, & Style > Skin Care](#) #15146 in [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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