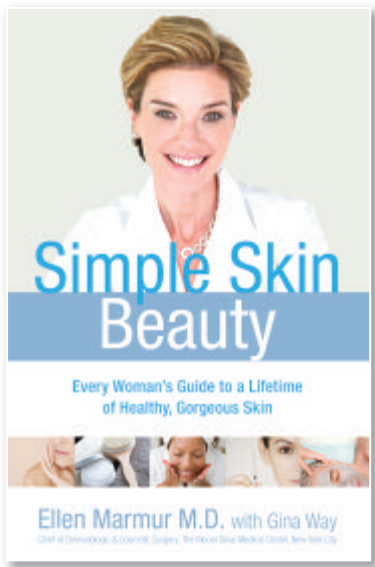


BOOK REVIEW



Simple Skin Beauty:

EVERY WOMAN'S GUIDE TO A LIFETIME OF HEALTHY, GORGEOUS SKIN

By Dr. Ellen Marmur with Gina Way
Reviewed by Charlotte Tallman

Have you ever asked yourself what the difference is between sun block and sunscreen or wondered what the best moisturizer is for your skin? How about whether or not anti-aging products really work or what skin cancer looks like? Dr. Ellen Marmur, a world-renowned New York City dermatologist, knows these are the kind of questions women ask themselves, and she provides the answers in her book *Simple Skin Beauty: Every Woman's Guide to a Lifetime of Healthy, Gorgeous Skin*.

As a skin cancer surgeon and skin cancer survivor, Dr. Marmur breaks her book up into three chapters: Know your skin and how to care for it; The health of your skin; and Regaining your youthful skin. Throughout the book, she touches on important topics about skin that she hears every day in her practice. Topics like skin and cancer, anti-aging investments and wrinkles fill the pages with practical advice for over-the-counter treatments, when to see a doctor and what you should, or shouldn't, be paying for great skin. Dr. Marmur also details effective ways to gain gorgeous, healthy skin by adjusting a regimen to treat issues like acne breakouts, dry skin, wrinkles and more.

This book is easy to understand and offers a straightforward, humorous guide to the skin.

Available at Amazon.com and booksellers everywhere.
ISBN-10: 1416586970

WEBSITES



15 Minute Beauty Fanatic
15minbeauty.blogspot.com



The 15 Minute Beauty Fanatic blog is written by a high-maintenance girl in search of an easier beauty routine, and she needs it! Blogger Christine is a PICU doctor in the Midwest with a new baby at home. As a product junkie, she is always looking for the best beauty treatment, and with 15 minutes to style her hair, put on makeup, get dressed and get into her car, she dislikes products that take too long or don't work.

"Hopefully, I've pointed my readers in the direction of some great products, steered them clear of some horrible ones and given them some info on the science behind beauty," Christine writes.

The blog features a special series that includes Anti-Aging 101, Concealer Review Series, Sunscreen 101, Manicure 101, Mommy/Pregnancy Beauty and Prom & Wedding Looks from The Runway & Red Carpet. Popular posts viewed by the thousands of followers to Christine's site includes How to Create Your Own Anti-Aging Skin Care Routine, How to Pick a Sunscreen and Use it Properly, Silk'n Sens Epil: Laser Hair Removal at Home?, Skin Care Products to Avoid While Pregnant, Skin Sonic, the Dupe of my Beloved Clarisonic, My Current Favorite Products and How to Use Concealer and Color Corrector to Cover Under Eye Issues.



Healthy Women

healthywomen.org



Healthywomen.org keeps women informed and empowered with unbiased and accurate health information, and is backed by more than 20 years of evidence-based health research and top health professional feedback.

HealthyWomen is the nation's leading independent health information source for women with a core mission to educate, inform and empower women to make smart health choices for themselves and their families. Named as one of the Top 100 Websites for Women by ForbesWoman, healthywomen.org is dedicated solely to women's health and is recognized as a go-to source for trustworthy health information for women by offering the latest health information, including news updates, health tips, resources and extensive coverage of hundreds of health topics.

The site focuses on a health center, healthy living, pregnancy and parenting, midlife and beyond and womenTALK (offering blogs from women and an "ask the expert" section).

Each day, the site features live and learn articles like 10 tips to healthier living and adaptive exercise for those who have trouble moving. Visitors to the site can also sign up for free tips and news emails. 