



The Original Beauty Bible: Skin Care Facts for Ageless Beauty

Paula Begoun

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The all-new third edition of *The Original Beauty Bible* is Paula Begoun's most comprehensive book yet. Exhaustively researched, this refreshingly honest guide cuts through marketing hype to educate consumers on all aspects of beauty, including how to assemble a state-of-the-art skin-care routine, choose a cosmetic surgeon, and apply makeup like a pro. It provides the latest research and information on every imaginable cosmetic innovation, with a special emphasis on skin-care ingredients, and explains the pros and cons of all types of cosmetic surgery and corrective procedures in an engaging, easy-to-understand style. Covering the most critical topics in beauty in a factual, no-holds-barred manner, and packed with money-saving tips, *The Original Beauty Bible* affirms Begoun's reputation as "The Ralph Nader of Rouge." For readers of all ages, it's the ultimate guide to smart beauty.

The Original Beauty Bible: Skin Care Facts for Ageless Beauty Details

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Thao Nguyen says

Đo này b? b?n bè ch? sao đo này da x?u quá, sao đo này ... à mà thôi, kh?i k? ?i. Có m?t ??t là cô bé h?n đ?i th? gi?i vì m?y chuy?n ?ó nên ph?i ?i tìm tài li?u v? skincare ?? "tút" l?i v? ??p v?n có tr??c ?ó :))

Gi?a m?t r?ng tài li?u skincare, beauty blogger các th? lo?i, thì toy c?ng ki?m ra ???c m?t quy?n sách mà toy ngh? phù h?p v?i toy. Bây gi?, vì?c skincare ?ã có ý ngh?a h?n. Skincare c?ng gi?ng nh? ch?n b?n ??i v?y ?ó. :)) Something/someone that stands the test of time, being there for you and protecting you over the years.

Có nhi?u quan ?i?m c?a tác gi?, khi?n toy c?m th?y r?t thích.

Th? nh?t, hãy là m?t ng??i tiêu dùng thông minh. ??ng tr??c m?t r?ng đ??c m? ph?m, s?n ph?m skincare, m?i ng??i s? b? ng?p và có suy ngh? cái gì giá cao h?n s? là t?t h?n. Thi?t ra không ph?i v?y. (ph?n này kh?i gi?i thích ?i, vì l??i ?ánh máy ra). À, v?i l?i, m?y cái s?n ph?m có ch? s?, ch?ng h?n nh? là kem ch?ng n?ng có ch? s? SPF cao, ch?a ch?c ?ã ch?ng ???c nhi?u n?ng h?n nha. Hi?n t?i, da mình ng?m ng?m, s?ng ? môi tr??ng không ph?i là sa m?c nên mình xài SPF 35 là th?y ???c r?i. Ch? SPF 40 tr? lên là dành cho Fair skin, da tr?ng, có nguy c? ung th? da cao h?n. :))

Th? hai, phân bi?t ???c lo?i da c?a b?n thân là da khô, da d?u, hay nh? th? nào ?? ch?n s?n ph?m phù h?p.

Th? ba, l?ch skincare ??n gi?n thôi. H?i tr??c toy c?ng theo m?y ch? Hàn Qu?c, ngày ngày làm ch?c b??c. ???c m?t th?i gian l??i vãi ra. :)) N?u b?n thu?c ??i l??i theo cái routine dài ngo?ng ?ó thì ch? c?n chú tr?ng các vi?c: bôi kem ch?ng n?ng(B?T BU?C PH?I XÀI, B?T BU?C PH?I XÀI, tr?i ?i, ph?i nh?m câu th?n chú này ch?c l?n ?? n?m lòng trong ??u và làm theo), t?y trang, r?a m?t, t?y t? bào ch?t. Th? thôi. :))

Th? t?, ch?u khó ng?i search ingredients , xem cái nào t?t và không t?t. Ít ra thì c?ng ph?i bi?t ???c các active ingredients trên kem ch?ng n?ng. Ch?ng h?n nh? là Aqua là n??c, glycerin là ch?t d?n, butyl methoxydibenzoylmethane, titanium dioxide, m?y cái này quan tr?ng này. Titanium dioxide ch?ng n?ng thì t?t, nh?ng có 2 nh??c ?i?m. M?t là dùng cho da nh?n thì d? gây t?c l? chân lông, t?ng nguy c? b? tr?ng cá. Hai là oxit titan có màu tr?ng nên ng??i ta d? phát hi?n ra là m?y ch? bôi cái gì trên m?t. Vân vân và mây mây th?.

Th? 5, vì?c ?n u?ng, ng?.

Tóm l?i là sách quá hay ?i, và toy ngh? n?u ch?n 1 quy?n nói v? skincare thì toy ch? ch?n quy?n này là ?? r?i, không c?n t?n thêm ti?n mua thi?t nhi?u sách skincare v? ???c n?a. :)

Eire says

Even though I personally enjoy all of her writing this book was an improvement. Ill go over what I liked the most.

I was very pleased to see Paula recognize a diets role in skin care and recommend eating dark fruits and vegetables. This was good news and this food group can't get enough love at the moment.

Some people who have not heard about her might think from reading the last few books that Paula did not really like natural products. In here she goes over the organic cosmetics industry and shows she is open

minded to the idea as long as its beneficial to the skin. I always appreciate her opinion but I liked seeing her being more open minded to this option.

It was also exciting to read news on skin identicle ingredients cell communicating ingredients and antioxidants. A lot of this reasearch is still in its infancy but the future is looking bright.

She did not do reviews but I read her other books she recently published and yes she does recommend her own products line but admits she could adjust some things on the line. Keep in mind too that she is the only line that re commends other brands. Critics have been harsh on her about this . On a personal note I tried some things from her line and she has a good return policy and sends free samples. Most people should keep in mind that she needs to make a living too so Back off.

I just want to say that she seems more optimistic in this book. Paul's rants and I like her rants but that is not her only side. I was pleased with everything about this book.

Elizabeth says

I love this book so far. It talks about the science behind cosmetics, and it's a serious eye opener. Every page educates the reader in an easy to read way. For example, did you know that "hypo-allergenic" has no meaning whatsoever when found on a product you're buying? This is important information!

Malina says

3rd edition, great info. Very interesting info about some stuff, pretty technical in parts, but helpful and well done.

Lisa says

I loved this book. It was extremely informative with in-depth coverage of many topics. What I particularly love about this book is that she backs up her claims with countless references to scholarly journals. I would have liked to seen a section on hair care, however, as well as a full index at the back.

Notes I took:

Protecting skin from sun: good choice to consider sunscreens with the inert minerals titanium dioxide and zinc oxide.

All skin types need a moisturizer (should have these ingredients: antioxidants, cell-communicating ingredients, skin-identical ingredients, anti-irritants) to help skin maintain structure and function more normally. Gels and liquids (water-based) best for oily/combination skin, serums and light lotions best for normal to slightly dry skin, more emollient (e.g. cocoa butter, mineral oil, ...) lotions and creams best for dry skin. Antioxidants include vitamins C and E, as well as green tea, turmeric, ... They deteriorate when exposed to air and light, so buy moisturizers packaged in an opaque container. Skin-identical ingredients are the stuff between cells that keeps them connected and helps them maintain their structure (like mortar between bricks, e.g., hyaluronic acid). Helps skin to keep the water it has. Cell-communicating ingredients help cells function more normally (e.g., niacinamide, adenosine triphosphate, Vitamin A (retinol)). Anti-irritants allow skin healing time and can reduce damage caused by sources of external damage (e.g., aloe, vitamin C, willow bark). Skip the eye cream-they're no different from moisturizers.

Exfoliating: most effective are pH-correct alpha hydroxy acids (AHAs, e.g., glycolic or lactic acid) and beta hydroxy acid (BHA, e.g., salicylic acid)), not scrubs. As we get older, top, dead layer of skin skills lose ability to reproduce in a healthy, normal manner. Plus, sun damage causes outer skin to thicken and lower skin to lose elasticity and thickness. Exfoliating removes thick, outer layer. BHAs are best for people with acne because they're lipid-(oil) soluble. You can apply an AHA/BHA 1-2 x a day, including around eye, after face is cleansed and before putting on moisturizer. "AHAs work best at concentrations of 5% to 10% with a pH of 3 to 4, meaning it should be is second or third on ingredient list.

Basics:

- 2xday, Splash skin with tepid water and then clean w/gentle, water-soluble cleanser that matches skin type. (Makeup remover at night). (2xday, use toner w/moisturizer ingredients).
- 1-2xday, Exfoliate. If you have acne, use a BHA gel or liquid instead of an AHA.
- Daytime, Sunscreen w/moisturizer ingredients.
- Nighttime, "Moisturizer" w/above ingredients (Retinol is beneficial) & right texture (for normal to dry, use lotion).
- Facial masks are not so beneficial.

Solutions for perimenopause & menopause: Consider talking to physician about hormone replacement therapy, a topical hormone cream/lotion, or alternative HRT. Supplements: soy foods (tofu, soy milk, roasted soy nuts, tempeh), 1-2 T ground flaxseed a day, dong quai (herb), for symptoms: black cohosh (herb), daily 400 IUs Vitamin E, B vitamins, Evening primrose oil or black currant oil

Solutions for skin lightening: 1-2xday, apply skin-lightening product containing a melanin-inhibiting ingredient such as hydroquinone, vitamin C, arbutin, or azelaic acid

For acne:

- 2xday, Splash skin with tepid water and then clean w/gentle, water-soluble cleanser that matches skin type. (Makeup remover at night). (2xday, use toner w/moisturizer ingredients).
- 1-2xday, Exfoliate w/a BHA gel or liquid instead of an AHA.
- 1-2xday (Morning), Use antibacterial product like benzoyl peroxide (in gel, liquid, or serum form)
- 1-2xday (Evening), Use retinoid, e.g., Differin, Retin-A, Renova, Tazorac, ... to improve cell production
- Daytime, Sunscreen in a foundation or pressed powder that has titanium dioxide or zinc oxide as one of active ingredients, to reduce number of products on skin
- Nighttime, "Moisturizer" (gel or lotion) w/above ingredients over dry areas such as the eye, cheeks, or forehead

To get rid of hairs, good methods are waxing (strips; can get kind that melts in microwave and applied with spatula) and sugaring

Medical Corrective Cosmetic Procedures: she gives lots of useful advice and information about this

Body and nail care: Use body wash instead of soap (she suggests specific products). Also use a body scrub for exfoliating from neck down. See p. 375 for callused heels: use callus pads in well-fitting shoes; exfoliate with high-concentration beta hydroxy acid product designed for warts: soak feet in warm water, then apply 5% to 10% salicylic acid cream. For heels: 3-4 times per week, apply Callus Eliminator (found at beauty supply stores) to pedicure or foot-file in shower & gently scrub calluses; 3 times per week, after shower before putting on socks, apply cream or lotion containing 2% salicylic acid (BHA). On days you don't apply BHA, apply an emollient thick moisturizer like pure shea butter or cocoa butter. Do this for several nights and then only use moisturizer and occasionally BHA. See p. 363 for dry hands

Making sense of makeup: Primers: just optional, not really worth it (serums a better choice). Classic makeup: concealer, foundation, powder, contour (optional), blush, eyeshadow, eyeliner, eyebrow color (if needed), lip

liner (optional), and lipstick. For each, match skin type and decide on coverage you want.

Concealer (before or after foundation): for under eye mostly, 1-2 shades lighter than foundation, but same basic skin tone. Try stick or creamy liquid. Apply dots, and use pat and blend method w/fingers, so you don't wipe it away. Blend edge away from eye so it doesn't disappear, concentrating on inside corner and down to avoid racoon eyes. If no dark circles, you don't need it, or if your foundation is opaque enough. She gives pros and cons of different types of concealers as well as techniques. Foundation: should match your skin exactly (the basic, underlying tone (olive=ashy/green; sallow=yellow/golden; ruddy=pink/red, try neutral beige w/a very slight undertone of yellow. Apply all over face, wait 2 hours, and check outdoors in sunlight, and/or test several at once with stripes. The ones that don't work will have obvious edges. Start looking at a department store or cosmetics boutique where they have lots of testers. Apply with sponge that is flat, square, or round one-quarter-inch-thick, not made of synthetic foam rubber or wedge-shaped. Shiseido, sephora, sonia Kashuk, and Paula's Choice make some excellent sponges and can be washed repeatedly. If neck and face different colors, match more to neck or something in between. Water-based and standard liquid foundations perfect for women with normal to dry skin (or stick, cream-to-powder). To apply, put some on sponge, then dab small dots all over central part of face and over eyes, then spread down and out with buffing motion, and blend, blend, blend. Use clean side to dab and buff away excess. Brushes: Clean natural-haired 1xmo. with shampoo. Use powder only if foundation is too shiny, same color as foundation. Eyeshadow: 4 steps, proceeding from light (just on eyelid or all over entire eye area) to darker (place each progressively darker shade in a more specific section). Powder is most common, applied with brush (size should match eye area). Apply with long, stroking motions, laying strips that overlap and blend. Matte, Neutral color (taupe, brown, gray, ash, beige, black..). Shade eye to accent its shape or to change its shape by using a progress of light to dark colors. Use 1-4 colors. First prime lid with concealer, foundation, or powder. One color: apply all over, from lashes to just under eyebrow. 2 colors: 1 color for eyelid, a shade darker for area from crease to eyebrow. 3 colors: do as with 2, and then apply even darker shade to outside corner of lid or in crease, or on both. 4 colors: 3rd color goes on crease, and 4th to outside corner. To make color of eyes pop, choose contrasting color in a soft tone and apply to lids: hazel eyes become more alive with chestnut and golden brown shades. Eyeliner: shapes, defines eyes, and makes eyelashes look thicker. Stay with black, brown, or gray. She likes gel eyeliner in basic black, dark brown, or gray. As close to lash-line as possible, draw line from inner to outer corner in one stroke, can make thicker toward outer third of lid. Along lower lashes, line only outer two-thirds of eye w/less intense color than upper liner (tan taupe, chestnut, soft black...). Make sure both lines meet at back corner of eye. If over 40, consider not lining inner corner on top or bottom, but can highlight with light shade of matte eye shadow instead. Mascara: use eye curler if you want, walking it along length of lashes. Water-soluble. Round-brush from base up. Use old, clean mascara wand for removing lumps. For lower lashes, use tip of wand. Can wipe wand down first for lighter application. Eyebrows: should be natural in appearance but w/defined arch. Use eyebrow pencil and tweeze to shape. Beginning of eyebrow should line up with center of nostril, the arch should fall on back third of eye, and brow shouldn't extend into temple area. Front part should never fall below back part. Best tweezers are from Revlon or Tweezerman w/rounded tips. Draw on shape first, then tweeze. Next, brush brows straight up with toothbrush. Trim hairs that are too long or sloppy with scissors. Use brow powder or eye shadow to fill in that matches brow color exactly, and use a soft wedge brush or tiny eyeliner brush. Avoid drawing on color above the brow, just at front or underneath. Gels are a good option for making most of sparse, light-colored eyebrows, e.g. Bobbi Brown Natural Brow Shaper. Contouring: creating or increasing shadows in certain areas so face appears to have more structure and definition, using brown tones of blush/powder along sides of nose and forehead, under cheekbones, center of chin. Hard to do. Blush: Apply just to cheekbones, entirely, starting about one-half inch behind laugh lines. (brush downward and back to center of ear). Should be about 2 inches across. Use a powder. Color should complement lipstick. Lipstick and liner (not lip gloss): Apply lip balm with sunscreen underneath or a lipstick with built in sunscreen. Thinner or smaller lips better with brighter, vivid colors. Lip liner optional, but draw along outer line of mouth, not outside; stop before you get to corners of mouth. Use a magnifying mirror to check for details.

Sophie says

An incredibly informative book, *The Beauty Bible* covers everything you could ever dream of in regards to the beauty industry. Paula Begoun discusses how the industry works from the ingredients it uses to the studies it uses to "prove" a product works; brands, marketing, cosmeceuticals, advertising, fear mongering are all included; Begoun discusses natural vs synthetic, what those terms really mean and how they affect products; everything from hair, nails, make-up, skin care, even cosmetic surgery is covered along with solutions to common problems and myth busting. Incredible "truths" that almost everyone believes and recites religiously are dispelled, while technical terms are explained in detail with little bias. The claims in *The Beauty Bible* have been extensively well researched providing citations of studies and while a little dry due to the technical nature, anyone with an invested interest in beauty should read this book above all others.

Anne says

This is a great reference book for all things beauty! I am a HUGE fan of Paula Begoun and her research team. This book covers everything from skin care to plastic surgery procedures. Paula tells the truth and can show you where to find the valid, unbiased research that backs up the truth. Because of the fact new research comes out every day, it is possible that some things in the book can be slightly outdated. One great thing about Paula and her team is they have made their extensive research on products and all things beauty available for free on the website www.beautypedia.com. Also, her team is very involved with social media outlets such as Twitter, YouTube, and Facebook. Have a specific question? Post a question on Facebook, and they are sure to get back to you! Now that is customer service!

Febb says

peluk erat Paula Begoun

i wish i read this sooner..

Dyah Rinni says

Yes, it's truly amazing that it deserved 5 star.

Saya belajar banyak sekali dari buku ini tentang ada apa di balik industri kecantikan, kebohongan-kebohongan dan mitos yang diciptakan atau sengaja dilanggengkan industri kecantikan untuk kepentingan mereka sendiri.

Yang menarik dari beauty bible ini adalah Paula selalu mendasarkan saran atau bantahannya berdasarkan ilmu pengetahuan atau riset yang telah dilakukan, termasuk hal-hal yang seringkali menjadi perdebatan di forum-forum seperti mengenai penggunaan talc, paraben, SLS dan lain-lain. Terdapat juga sejumlah solusi untuk masalah yang biasa dihadapi seperti keriput, jerawat, bintik matahari, dan lain-lain.

Kalaupun ada hal yang mengganggu untuk sebagian orang adalah bahwa Paula juga mengiklankan produknya sendiri. Hal ini mungkin terasa tidak etis, seakan-akan Paula menjelekkan produk lain untuk menjual produk sendiri. Tetapi perlu dicatat bahwa ia juga memberikan alternatif lain selain produknya.

Vesna says

The book itself is quite well researched with references to relevant studies.

However, it is impossible not to see a discrepancy between the book and her own brand.

In the book, she is against marketing of "all natural" products, while she offers Earth Sourced Set on her website.

Also, she theoretically questions efficiency of masks and serums, yet she sells them herself at the same time! :)

I also disagree with her praise of exfoliants. How can soaking your skin with acid as often as twice a day (!!!) be healthy? Yes, she gives references to studies that support her claims (probably she was already selling exfoliants at the time of writing) but there can only be negative consequences to daily disruption of your skin's protective barrier. Stratum corneum are not just some random dead cells that can be removed. They have a function. <https://www.ncbi.nlm.nih.gov/pmc/arti...>

To sum up, Paula's book appears to be based on research and contains some interesting information.

However, her own brand Paula's Choice does not offer products based on her own philosophy and she also gives some potentially health damaging advice.

Shannon Wissel says

An essential tool in discovering how to find your skin type in order to choose products that actually work for you. Take the guesswork out of shopping, and spend wisely on your favorite brands!

Anna says

The claims in this book are extensively well researched with several citations of studies from the last 10 years of research for each topic. This reliance on research can be a double edge sword. While I appreciate the extensive use of scientific evidence, it certainly makes for dry and technical reading. In fact, I would contrast this with No More Dirty Looks, which spun a story that was terrifying and then used that fear to make their presentation of the data seem reasonable. Since having looked into the research on cosmetics and skin care more and talking with my dermatologist I realized how biased No More Dirty Looks is, but after reading The Original Beauty Bible it is easy to see why that alternate text is more popular. I wish that Begoun had the same ability as O'Connor & Spunt to weave a story that would make the science engaging.

Charlene says

Very necessary information about Cosmetic Companies and the lies they tell.
