



Skin: The Bare Facts

Lori Bergamotto

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Our skin is one of our most important layers. It shows EVERYTHING. Dirt, stress, sunburns, wrinkles, dimples, shaving irritation, allergies, and (let's not forget) the horror of acne. It's the one organ that lives on the outside of the body, and it takes the brunt of all of our actions. It's there to protect us, and also, at times, to give us major headaches. This beautifully illustrated and well-researched advice manual is all about skin. Provides researched biological and medical information in easily understood language. Also explores organic remedies, doctor-administered procedures, old wives tales, and current trends.

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