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Beauty tips and tricks from the salons of South Korea

The secrets behind the world's most beautiful skin! In Korea, healthy, glowing skin is the ideal form of beauty. It's considered achievable by all, men and women, young and old—and it begins with adopting a skin-first mentality. Now, this Korean beauty philosophy has taken the world by storm! As the founder of Soko Glam, a leading Korean beauty and lifestyle website, esthetician and beauty expert Charlotte Cho guides you through the world-renowned Korean ten-step skin-care routine—and far beyond—to help you achieve the clearest and most radiant skin of your life. With Charlotte's step-by-step tutorials, skin-care tips, and advice on what to look for in products at all price levels, you'll learn how to pamper and care for your skin at home with Korean-approved techniques and pull off the "no makeup" makeup look we've seen and admired on women in the streets of Seoul. And you'll get access to beauty secrets from Charlotte's favorite beauty gurus from around the world, including supermodels, YouTube sensations, top makeup artists, magazine editors, actresses, and leading Korean skincare researchers. With the knowledge of an expert and voice of a trusted friend, Charlotte's personal tour through Korean beauty culture will help you find joy in the everyday beauty routines that will transform your skin.

'The temple of Korean cosmetics' Vanity Fair This is the ultimate no-nonsense manual to daily Korean beauty care; in it you will find step-by-step morning and evening skincare routines, the best product advice and actionable tips on how to take care of your complexion. In this handbook, the experts in Korean cosmetics will also teach you how to use everyday beauty products, describe the natural ingredients that will best suit your skin type and give you advice on tried-and-tested Korean skincare regimens to make your skin glow. The Korean Skincare Bible will help you to feel truly confident in your own skin. Chapters: The history of Korean beauty The importance of caring for your skin Korean beauty products The Korean beauty routine Natural ingredients in Korean beauty Natural beauty K-beauty do's and don'ts Korean beauty trends Korean skincare answers Korean skincare tips for men Korean beauty travel tips

Take Your Skin to the Next Level with This Guide to Korean Skin Care "This book feels like talking with a trusted friend, one so generous with practical advice and wisdom. I wish our Dermatology textbooks had chapters like these!" —Dr. Erin Tababa-Santos, creator of The Nerdy Derma #1 New Release in Massage and Skin Ailments Have you always longed for that fresh, glowing, no-makeup look? With this step-by-step guide to Korean skincare routines, anyone can attain healthy skin. But Skincare for Your Soul takes it one step further—it guides you to a place where skincare is also self-care. The Korean skin care journey. As much as we'd like, glowing, clear skin doesn't happen overnight. But there is beauty in the process—not just the results. Author Jude Chao links skincare to self-care culture, giving readers a

practical guide to developing an ideal skincare routine and using it to help manage stress, anxiety, and depression. The Korean skincare routine invites us to look at our skincare not only as a way to reduce lines and wrinkles or clear up breakouts, but as a tool for developing our self-care habits. Steady improvement is the goal. Photoshopped perfection is neither realistic nor a healthy goal. What matters is caring for our mental health and building our self-esteem by intentionally taking time each day to give our skin some love. But it starts with changing how we view skincare and developing a routine that fits our personal needs and goals, and Chao helps you do that. Dive into Chao's book on K-beauty and discover: • An easy-to-follow, step-by-step guide to skincare • A clear breakdown of skincare products (not brands), and pros and cons to help customize your routine • How Korean skin care can be a reliable and effective mental health management tool • Tips for avoiding common types of exploitative and manipulative beauty marketing If you enjoyed books like *The Little Book of Skin Care*, *The Skincare Bible*, or *Glow from Within*, you'll love *Skincare for Your Soul*.

Dr. Jhin shares the secrets of the Far East in maintaining the beauty that comes from young, vibrant skin. She combines modern-day skin care regimens with the natural and spiritual beauty products, trends, and rituals practiced in Korea, Japan, and China.

Skincare is self-care. This guide book helps you get to know and improve your skin health with useful tips and recommendations for using everyday ingredients and skin products in a super simple, unique-to-you ritual. Vicky Tsai, founder of Tatcha Skin Care, is sharing generations-old, time-tested Japanese skincare traditions with you. No matter how you customize it, all you need is two minutes and four steps: Purify, Polish, Prep, and Nourish. But *Pure Skin* isn't just about basic skincare, it's also about a lifestyle; it begins with how you eat and even how you sleep. You'll also learn about: • East vs. West: Learn why spot treatment and quick fixes never make lasting changes • A Silken Path to Softer Skin: Pamper yourself with silk in five different ways • What's Your Skincare Psyche?: Discover your skincare personality and what treatment will work for you • Sheet Masks Demystified: Indulge in this scientifically-proven beauty trend once a week • Ingredients to Believe In: Use the six traditional ingredients found in Japanese skincare • The Japanese Diet for Clear Skin: Feed your skin with the trinity of Japanese superfoods

From New York Magazine's resident skincare obsessive, this friendly, start-where-you-are guide to the essentials of skincare helps readers cut through the noise to discover the routine that works for them. Skincare is one of the fastest-growing retail segments in the United States. But despite how much money Americans spend on products designed to tighten wrinkles, close pores, and increase hydration, there's little advice about how to figure out which one of a million eye creams will suit your skin and solve your particular skin health concerns. Enter Rio Viera-Newton, the beauty-obsessed best friend whose advice drives thousands of readers to New York magazine every week. Despite her popularity and trust, she's not an MD or an esthetician, but a devoted amateur who organically rose to fame when her detailed Google Doc outlining the products that worked—or didn't—on her journey to heal her acne went viral. *Let's Face It* is a compendium of super-simple principles for healthy skin, helping readers move beyond branding or the recommendations of influencers to discover the remedies that will solve their skin concerns—and to find them in products at any price point. This book also includes: Rio's five pillars of skin care Fixes for issues on a skin-type by skin-type basis Guidelines on how to layer your products for the most effective routine, day and night A close look at the ingredients found in many skin care products Tips and lessons from first-hand experience An overview of a traditional Korean skin care routine And much more With concrete steps to walk readers through the process of adding products to their routine, evaluating the results, and developing the routine that best works for them, *Let's Face It* is the only book the skincare-obsessed reader really needs—and it's the perfect gift for the beauty fanatic in your life.

How did she turn a side hustle into a game-changing business, and at the same time, achieve happiness and fulfillment in her life? For Charlotte, it all came down to one thing—jeong. One of the most important Korean cultural values, jeong is a feeling of loyalty and of strong emotional connection to people and places. It goes deeper than love and friendship and grows stronger with time. In South Korea, jeong is critical for success in every facet of daily life, from cultivating hobbies to developing careers and relationships. In *The Little Book of Jeong*, Charlotte shares how jeong changed her own trajectory in life, landing her a job opportunity in Seoul and giving her the fuel she and her husband Dave needed to launch a ground-breaking digital skin care platform and skin care line. A personal story that centers around the deep bond she built with Korea, Charlotte reveals how jeong can radically change our relationships with our loved ones, our work, and the world around us, and challenges us to cultivate jeong in our own lives.

'I now feel safe in the knowledge that I'm armed with the latest science-backed information about how to care for my skin' Chloe Brotheridge, author of *The Anxiety Solution* We all know that taking good care of our skin is the key to any effective health and beauty regime. But with so much conflicting information out there, the path to healthy skin can seem far from clear. Dr Anjali Mahto is one of the UK's leading consultant dermatologists. Equipped with years of expertise and the most up-to-date evidence, she sets out to cut through the noise and distinguish the nuggets from the nonsense. Chia seeds won't make your skin glow and lilac water is never going to reduce acne scarring. And, when it comes to the best products, high price doesn't necessarily mean high quality. Tackling common complaints such as acne and dryness, rosacea and aging, *The Skincare Bible* is your definitive companion to your body's biggest organ. Clear, concise and packed full of tips on the best products and routines, it will help you discover what works for you and find confidence in your own skin. This is your expert guide to great skin - pure and simple. 'A refreshing, fad-free guide to glowing skin. A must read for anyone struggling with their skin health' Dr Megan Rossi

We all deserve to look our best, every day, and this lovely guide to skin care offers countless ideas, tips, and tricks for maintaining healthy, radiant skin. With more than 30 stress-free routines for every skin type—dry, oily, combination, aging—and for every moment in life—prepping for a big event, calming a breakout, traveling on a long flight, indulging on a night in—plus advice on how to care for your skin from the inside out, this freshly illustrated handbook has just the thing for every face. With its emphasis on accessible skin care that will appeal to both the barefaced and the cosmetics obsessed, this is a sweet and simple beauty bible for women of all ages.