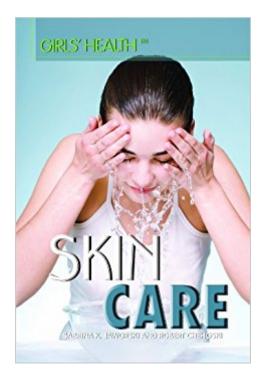


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# Skin Care (Girls' Health)





### Synopsis

During the teen years, caring for the skin can suddenly seem a lot more complicated. As background, the book explains the science of how skin works as an organ. The text then provides excellent advice about everyday skin care, including choosing products, maintaining a skin-friendly diet, and protecting against sun damage. Portions of the book are dedicated to managing acne, which almost three-quarters of teens experience, and other skin conditions.

### **Book Information**

Series: Girls' Health Library Binding: 48 pages Publisher: Rosen Central; 1 edition (August 15, 2011) Language: English ISBN-10: 1448845742 ISBN-13: 978-1448845743 Product Dimensions: 9.2 x 6.6 x 0.3 inches Shipping Weight: 13.4 ounces (View shipping rates and policies) Average Customer Review: Be the first to review this item Best Sellers Rank: #7,475,553 in Books (See Top 100 in Books) #89 in Books > Teens > Personal Health > Personal Hygiene #2314 in Books > Children's Books > Growing Up & Facts of Life > Health > Personal Hygiene #15468 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Girls & Women Age Range: 12 - 14 years Grade Level: 6 - 9

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