

COMPLEXION PERFECTION!

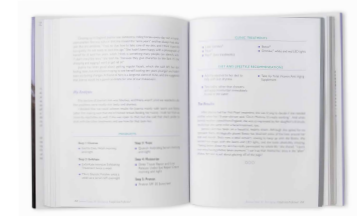
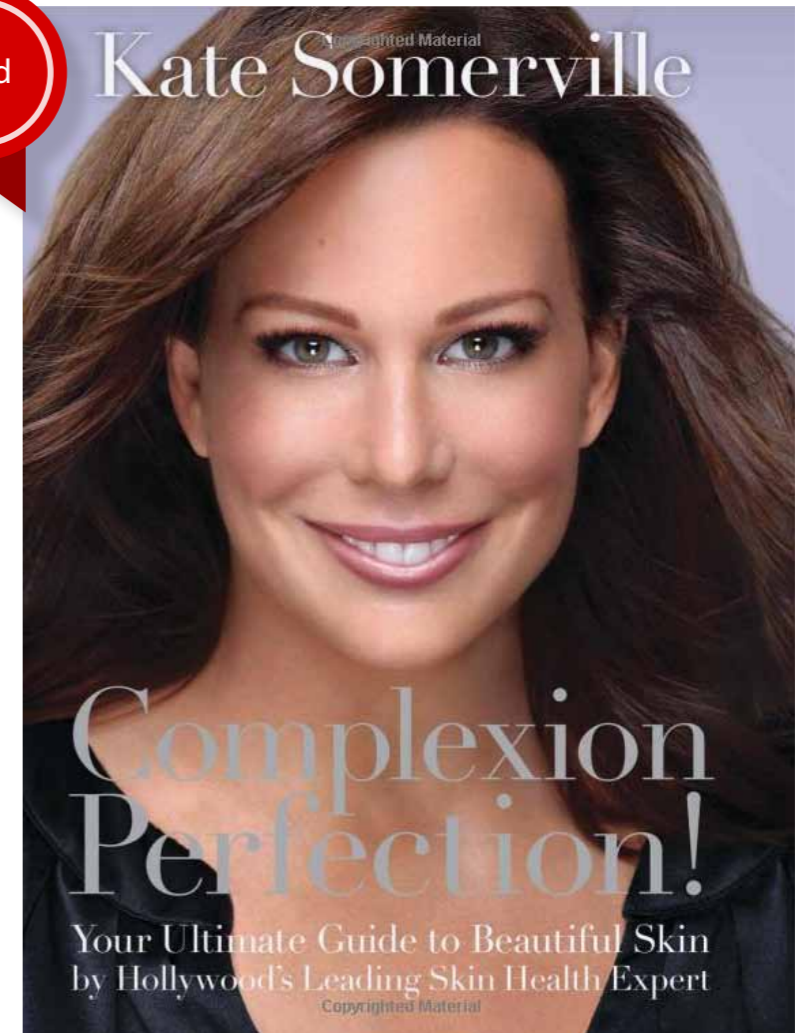
AUTHOR Kate Somerville, paramedical esthetician, creator and director of Kate Somerville Skin Health Experts, and owner of a medi-skin clinic in Los Angeles

PREMISE “Hollywood’s Hottest Facialist,” Somerville believes that healthy, glowing skin is achievable by anyone with the right information at their fingertips and the discipline to follow a skin-care regimen specific to their skin type.

IN A NUTSHELL Somerville explains why beauty is more than skin deep. Her holistic approach addresses not only the skin, but the whole body: emotions, exercise, diet and more. Readers are guided to identify their skin type and adopt a customizable skin-care plan

into their daily routine. Somerville discusses the most popular skin treatments and procedures; the merits of various products and ingredients; home remedies using common kitchen items; specifics for different age groups, skin conditions and climate conditions; and which kinds of products and treatments to avoid. There’s also a Q&A section, before-and-after stories with photos, and even hair, makeup and clothing tips from Somerville’s “Hollywood Glam Squad.”

VIV SAYS Somerville packs a lot into this skin-care bible — perhaps a little too much, some of which is pretty clinical. Patient readers looking to improve their skin will be rewarded with valuable advice and an education that goes far beneath the surface. — *Melissa Brandzel*



Take a peek inside!

