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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

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Age Range: 12 - 14 years

Grade Level: 6 - 9

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