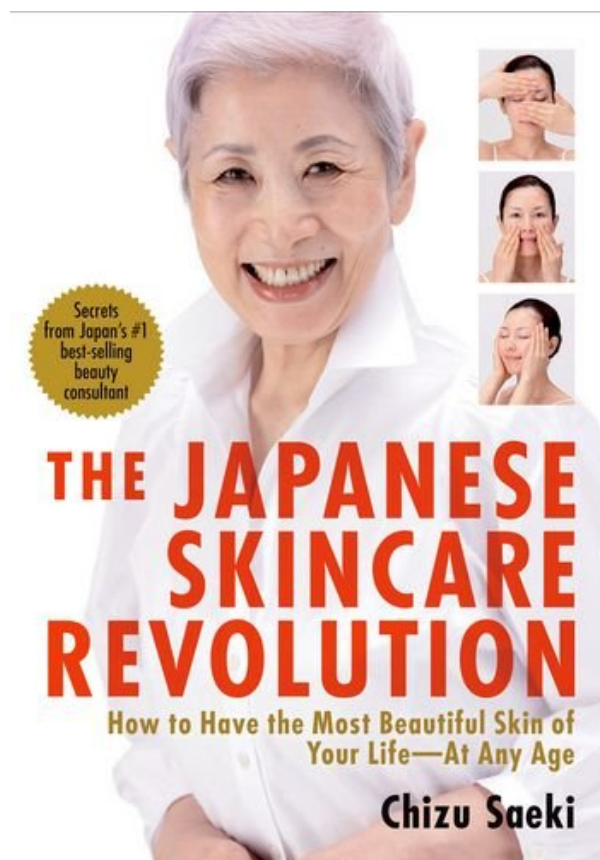
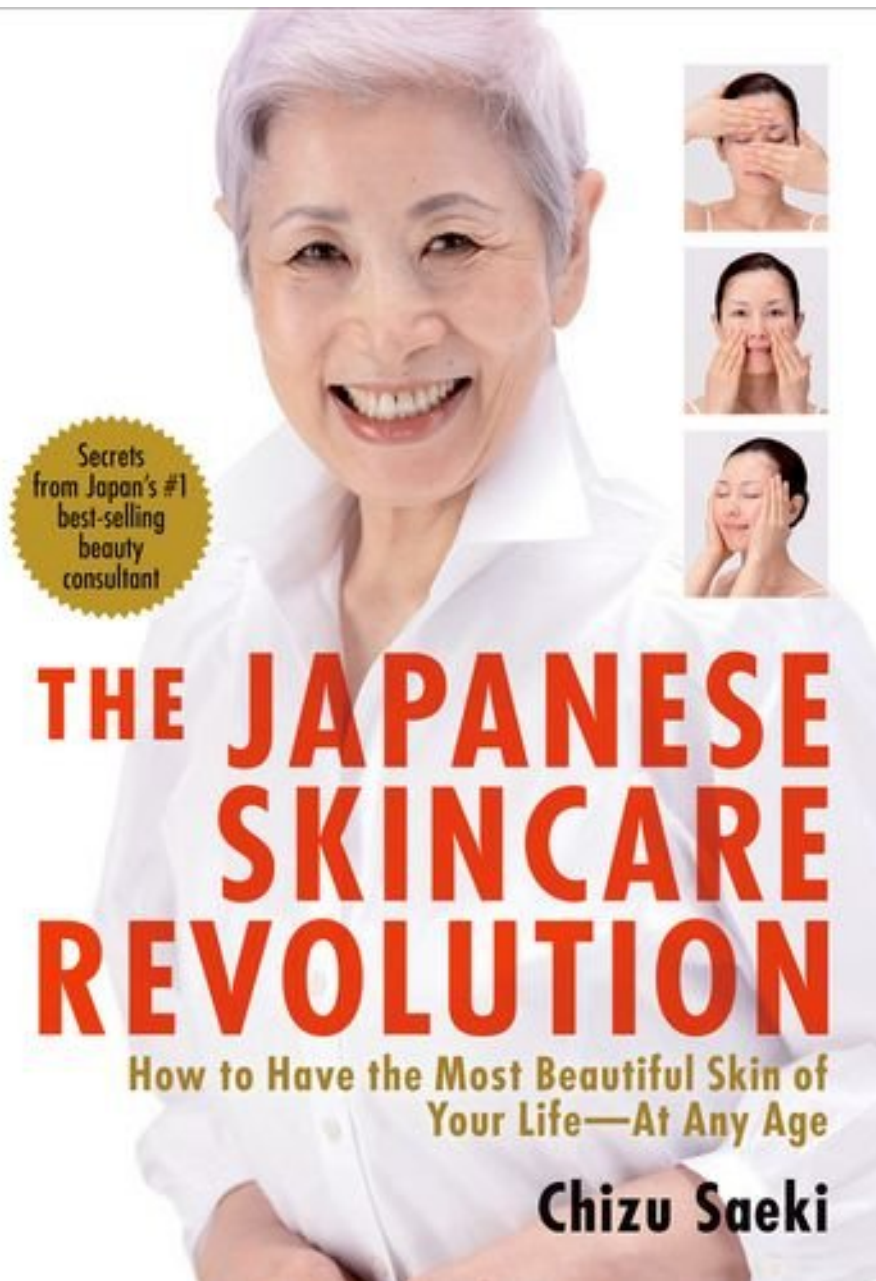


THE JAPANESE SKINCARE REVOLUTION: HOW TO HAVE THE MOST BEAUTIFUL SKIN OF YOUR LIFE--AT ANY AGE BY CHIZU SAEKI



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- * Remedies for wrinkles, sagging, oiliness, pimples, and blackheads
- * and much, much more, for women of all ages, races, and skin types

About the Author

CHIZU SAEKI has worked in the beauty industry all her life, entering Guerlain at age 24 and retiring from Parfums Christian Dior at 60, where she worked for 15 years. She has written more than 30 skincare books, memoirs, and self-help titles--all bestsellers. She is president of Chizu Corp., which runs an aesthetic salon and beauty school in Tokyo. Saeki writes columns for several women's magazines in Japan and regularly appears on Japanese television.

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THE JAPANESE SKINCARE REVOLUTION: HOW TO HAVE THE MOST BEAUTIFUL SKIN OF YOUR LIFE--AT ANY AGE

BY CHIZU SAEKI PDF

Japanese women are renowned for their beautiful skin, but until now there has been no book in English that reveals the secrets of the typical Japanese beauty routine. The Japanese Skincare Revolution is the first guide for women of all ages and races who want to have beautiful skin like the Japanese, and don't want to spend lots of money on cosmetics and treatments to achieve it.

Author Chizu Saeki is a practicing aesthetician and beauty consultant whose dream is to teach ordinary women how to become more beautiful. To this end, she writes books, teaches, and tours Japan, giving demonstrations of the techniques she developed over a career spent in the beauty industry. Her books have sold more than 3 million copies in Japan, and the revolutionary ideas presented in this volume have won the approval of skin doctors within Japan and out.

The Japanese Skincare Revolution is Saeki's best-selling skincare title, and her first to be translated into English. It is a distillation of all of her most essential techniques. In it, readers will be introduced to the lotion maska moisturizing treatment for keeping the skin fresh and lustrous; hand techniques for toning the muscles of the face; lymph massages for draining toxins and improving blood flow; natural, no-nonsense remedies for wrinkles, sagging, oiliness, pimples, and blackheads; warm care and cool care for soothing the mind and body; water massages to energize the skin; and much, much more.

Throughout the book, Saeki calls on the reader to use her own hands to touch and treat her face, and her own eyes to judge what her skin needs. She leads her toward a wholehearted skincare routine that will have her complimenting herself as her skin responds. By following Saeki's advice, every woman will discover that it's possible to have beautiful skin at any age without - spending a fortune.

- Sales Rank: #59066 in Books
- Published on: 2012-03-16
- Original language: English
- Number of items: 1
- Dimensions: 6.00" h x .60" w x 8.20" l, .70 pounds
- Binding: Paperback
- 128 pages

Review

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Most helpful customer reviews

141 of 150 people found the following review helpful.

Love this book - totally improved my skin!

By Tara123

I cannot say enough how much I love this book... easy, nurturing and women-positive suggestions. Not caddy and shallow like many "skin help" books. Advice is easy to follow and straight-forward. I will say however, that what is referred to as "lotion" is really what American's think of as "toner." However, when selecting one to use for the all-important "lotion mask," which I do twice a day you only need a

HYDRATING Toner. I use Avalon Organic's Lavender Hydrating Toner for my combo/normal skin. It is AMAZING! Takes out your blackheads while hydrating and refreshing your skin... my ruddiness at the bottom of my cheeks is gone! B/c of the twice daily massages and addition of an Aveeno serum and sunblock to my regime my 30-something skin looks FLAWLESS! Just don't feel pressure to buy expensive products any relatively natural or organic drugstore brands will do! Finally, I didn't want to buy the big sheets of cotton so I order Cotton Clouds that I wet and add toner to and then separate into thin pieces and lay all over my face like a puzzle for the 3 min lotion mask.

159 of 175 people found the following review helpful.

Noticeable difference happened very quickly with my vegan products

By Ann Kammerer

Let me start by saying that I already used very high quality vegan products and I also use a lot of essential oils (always from doTerra or Young Living) because I am 44 years old and am trying (pretty successfully) to stave off aging. So the issue of expense or buying more products as noted by some was not an issue for me. I already used moisturizing toner (or lotion as called in the book), serum, and moisturizer. My regular products from Caudalie, Arbonne, and doTerra had already taken at least 10 years off my 44-year old face; so I wasn't expecting much more. My biggest issues were smile lines (not bad...but getting worse), rough looking skin, and the recent subtle appearance of age spots on my forehead (issues from the lower layers to be treated through massage and serums, according to the book). Although money isn't an issue, time is (I work 60-70 hour weeks already). This definitely takes more time...perhaps 10 more minutes...but it has brought about such an immediate improvement, that I will find the time.

I was shocked that I started to see additional dramatic differences within days. I started by attacking the wrinkles and texture. The most notable difference was in the smile lines around my eyes and wrinkles in my forehead. I make my own wrinkle tonic from equal parts frankensense, lavender, and lemon essential oils from doTerra and I started using that first (putting it on and spreading it out. I then immediately cover the oil up with some Arbonne eye cream (just a little to keep the oils from evaporating), and doing the piano, pinching and ironing techniques shown. (For younger ladies, Patchouli oil is known to prevent wrinkles). For me the "ironing" totally worked....and quickly. I think working my wrinkle elixir in more conscientiously (and moving skin that had apparently atrophied) really allowed the oils to work their magic.

The texture of my whole face got so much nicer. I tried using toners (lotions) from Arbonne and Caudalie in the 3 minute mask and found both worked great (caudalie's is cheaper)! I mixed up moisturizers too, and found noticeable results with everything I had on hand. The technique is time consuming. So, to reduce the time, I do the massages of the lymph nodes when doing the 3-minute mask. I use a little lavender essential oil (which is known to help the lymph nodes drain) on the skin to allow for a nice soothing massage. I also put a warm washcloth over the mask, as my face gets really cold as the evaporation occurs. It helped to put the lavender in a roller ball for convenience, since I can't see with the hand towel over my face...I must look ridiculous! (I'm also pretty pathetic at pulling the Japanese pads into 5 layers...usually I get 4 ripped up ones).

The last few days I have turned to the age spots. I have been using caudalie vinoperfect (meant for brightening and age spot reduction). Again, the response from my skin was nearly immediate. The massage techniques (and I warm my face using my hands for about 15 seconds at the end) really seems to get the serum in much further than just slapping it on, as I was doing before.

All of this in a WEEK and using my normal products! All in all, this is time consuming, but the results have been nothing short of remarkable!

A word about essential oils. They work! If you are short of cash, you are better off buying very simple and

cheap natural products and spending your money on the oils, which you can add in. Some lavender drops in olive oil, almond oil, or jojoba replaces expensive skin moisturizing oils. An awesome face scrub is made by putting oatmeal in a blender (to chop it up, use the regular kind..not the quick oats) then taking in out and adding water and a couple drops of either lavender or lemon oils (depending on what your skin needs). A few drops of lavender in your mascara makes it go further by keeping it smoother longer. I don't have an issue with saggy skin, but sage, pin and lemongrass drops in almond oil is supposed to work great. Grapefruit essential oil works on cellulite. Using high quality essential oils (doTerra or Young Living) you can make a lot of your own stuff. Lavendar or helicusum (the later is expensive) is great for getting rid of scars. Melaluca (also called tea tree oil) straight on zits does wonders (even better with a hot compress).

127 of 140 people found the following review helpful.

3-4 months experience with chizu saeki's skincare routine

By Jeez88

I have been following Chizu Saeki's skincare for about 3-4 months now. I can honestly tell you that her skincare routine is not a bad one even though it takes up A LOT of your time in the morning and at night.

I can't say that all the time that you are going to spend massaging your face in front of the mirror is worth it, especially for young women. If you don't have wrinkles and stuff, you will not see much of a difference except that your skin is getting quite soft and a LITTLE BIT clearer. However, if you do have wrinkles, this skincare routine might benefit you in some extent. From my experience, most of the fine lines will fade away, just not the deep wrinkles but then again those may need more than just 3-4 months of massage and stuff.

As one of the reviews mentioned before, her skincare routine is not cheap. You need to invest in more stuff than what you saw on the first few pages. The total investment can add up to hundreds of dollars if you are not that into drugstore products.

Also, please take note of the lotion Chizu Saeki used to make her lotion mask. It is not the normal lotion we would think of. This lotion is something like a toner but not quite. If you want to see how her "lotion" looks like, just go to Nars counter and ask to see their hydrating lotion(which is what Chizu Saeki mentioned in her book) or go to Shiseido counter and ask to see their softner (which might be referred to as toner sometimes).

See all 143 customer reviews...

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