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" [The Japanese Skincare Revolution offers] practical techniques to combat everything from puffiness to dry skin, using simple massage methods and quick facials with items readily available at home." -The New York Daily News

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The Japanese skincare bible. Follow beauty guru Chizu Saeki as she shares her secrets to having the most beautiful skin at any age in The Japanese Skincare Revolution. In this book, you will find low-cost beauty techniques for people of all ages and skin types including 6 unique massages for toning facial muscles to smooth our wrinkles, DIY lymph massages for beautiful neck and chin, 3-minutes moisturising 'lotion mask' for healthy and lustrous skin and so much more.

If you're not familiar with the Japanese way of caring for the skin and you're looking for a good read, do check out Chizu Saeki's The Japanese Skincare Revolution. The content may be slightly outdated with some questionable advice but she empowers women to take their skin into their own hands — quite literally — without fancy gadgets, expensive potions, or invasive procedures.
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