



The Japanese Skincare Revolution: How to Have the Most Beautiful Skin of Your Life--At Any Age

Chizu Saeki , Takayama Hirokazu (Photographer) , Kay Yokota (Translator)

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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 mask 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.

The Japanese Skincare Revolution: How to Have the Most Beautiful Skin of Your Life--At Any Age Details

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Author : Chizu Saeki , Takayama Hirokazu (Photographer) , Kay Yokota (Translator)

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From Reader Review The Japanese Skincare Revolution: How to Have the Most Beautiful Skin of Your Life--At Any Age for online ebook

Layne says

I feel a little silly giving myself face massages and trying to squeeze my lymph nodes, but there's some good, easy to follow advice in the book.

Elena Ammosova says

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Audrey says

I like how this book goes through skincare for different skin types (combo, oily, dry, normal). The facial massages were helpful, although a bit hard to follow while holding the book open. I'd suggest watching her YouTube videos instead. Some of the products she recommends still have questionable chemicals though, so I'd do your research before rushing out to buy all of them. She does provide actionable steps though (only four steps) for morning and night routine. If you search online, you'll find some Asian skincare routines are up to six or seven steps, not including extras like exfoliation and masks. One thing is she doesn't mention double cleansing if you wear makeup or sunscreen, which I think is one of the keys to clear skin. In any case, this book is still a "revolution" compared to the Western ways of skincare, so read if you haven't heard of the wonders of facial sheet masks (I hear these are now sold at Target).

Lindsey Snelgrove says

This book is full of misinformation and unfounded claims. Avoid this one!

Oxana Udodova says

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Vanness says

It is not expensive for a book like this.

Roya says

I have a confession. I am more than a little obsessed with skincare. Obsessed isn't a good enough word. Enamoured with makes it sound a bit more romantic and a little less possessive. Going through the motions in my routine is what brings calm and stability in an otherwise absurd world.

Many say that if you're going to splurge on something, let it be skincare. Saeki disagrees and she may be onto something. She says, "**The effectiveness of any skincare product depends greatly on its use. It's how you use your cosmetics, not what you use, that will transform your skin. Whether you only draw 25 dollars' worth out of a 50-dollar product or 100 dollars' worth is up to you.**"

There's an emphasis on using your hands and facial massages are a big part of that. I'm a fan and try to dedicate fifteen minutes to them every evening. I love the ritualistic aspect. I wish more importance was placed on massage, but it seems to get far more love in the East.

I'm all for wacky skincare, but some parts in this book had me cracking up! I'm sure this is very effective, but...never mind I'm laughing again.

Mimi says

Chizu Saeki has such an easy way of explaining and writing - it's almost like an instruction book written in poetry! Her skin-care techniques are ones she's been using herself for decades either on her own skin or in her salons. She focuses on giving your epidermis and dermis moisture and attention without using expensive products, and the massages feel lovely and help drain lymph nodes of toxins. I've only tried a few techniques and can already feel my skin saying 'thank you'!

Emily says

It had some great ideas that are easy to do at home. By the end of the book it was feeling a bit repetitive though.

Mariel says

Reseña: Como ya había mencionado, de cada meta que quiero cumplir me compro un libro (o tres). Este da muchos tips de como hacer que los productos tengan mas efectos en la piel. Unos cuantos masajes, calentar los productos en las manos primero, y hasta ponerse un plástico en la cara (??) . Supuestamente no es el número de productos sino como se usan, igual recomienda como seis muchos más de lo tres que uno conoce (y que a chepa usa). Sí me gustó que explica sobre la dermis y epidermis que componen la piel. Tiene muchas fotos de ayuda para los masajes, se lee rapidísimo. Está informativo, tomaré algunas

recomendaciones, pero no es esencial. Recomiendo más el de Charlotte Cho que ya le hice una reseña hace unas semanas.

?????(3/5 masajitos en la frente).

Cindy Tai says

It's book though little pricey, has a few of the useful tutorials. The main idea revolving about this book is perhaps only the lotion mask method. The massages and other concepts were nothing new and not exactly a "Japanese skincare routine". However the lotion mask was indeed very useful, I invested a lot into cotton pads after reading this book and noted the improvement in my skin.

Negin says

Skin care fascinates me. As a former esthetician, I love reading up on all that, but only as far as things that I can do myself: exfoliants, masks, massages, facials, and so forth. I'm in my late 40s and would definitely prefer to avoid botox, lasers, and any form of cosmetic surgery. Although a friend ran into me in the other day and suggested that I might want to try out someone she knows for botox in a few years. How about "no"? I'm not into that sort of thing at all. I think there comes a point when it starts to look fake, artificial, and a bit silly. I figure that we're all going to get old. There's only so much one can do before it starts to look like you're trying too hard. Besides, what's so bad about getting old? Every day is a gift. I'm more natural, the sort that wants to embrace aging. Not to judge others at all, but I don't even dye my hair (only use henna for now) and I don't wear make-up (does tinted lip balm and the occasional tinted moisturizer count?).

I struggle with rating this book, since I haven't yet attempted to do what she suggests. I definitely won't be able to do everything since it seems quite time-consuming, but I would like to do some. I think I'll have an easier time searching for some videos on You Tube. I'm more of a video person. In fact, I wish that this book was in DVD format as well. I'm glad that I have it since it is very informative. Yet for now, following her routine, which seems a bit daunting at the moment, has just turned into one more thing that I need to get done on my to-do list.

Huong Aromíta says

Great book on skin care. From inside to skin. I leant a lot of great tips to improve mybskjn and will apply it in my daily routine tk see how it effects on my skin.

Some examples are lotion mask, use hot and warm tower to affect our skin, water massage, and especially massaging to avoid finelines or wrinkles, or aging signals....

She said it is not only about expensive cosmetics you use, it is more about how you care yourself and your skin. Your hand with your fingers is the most incredible skin care tool which you should utilize it.

The facefasting is another technique reminding us about the nature character of skin and body, which is healing ability. Sometimes dont put yr makeup and even cream or facewash is the best way for skin care.

Highly recommend it for any ladies!

El says

So far, I've tried the lymph and facial massages, as well as the hot towel trick, and they work fantastically. After three days I could really see a difference in my skin - more flushed and alive-looking, clearer, smoother and moisturized to the point of glowing (a first for me). Using a relatively inexpensive moisturizer along with these practices yielded better results than any expensive serum or cream I've ever purchased and used faithfully.

As for the writing, the book is simply laid out and pretty clear - not a lot of extra, unneeded wordiness; it's really just a manual for the most part.

Also worth noting is the fact that, unlike so many other beauty books, Saeki really doesn't push any products at you; the emphasis is on the techniques.

Additionally, there are already youtube videos out that demonstrate a few of these techniques - making it even easier to follow along (or to try one or two techniques before deciding to invest in the book).

Ariadna73 says

This book offers thorough and very professional advice on how to take care of your skin so it becomes healthier and you have a better quality of life. It teaches how to use the hands as the best tools for relaxing, ironing, firming up, cleaning and treating the skin on your face.

I liked the thorough description of each one of the skin products brands, and the tips on how to draw almost four times the value of any skin product with a wise use.

The author also offers advice on how to get to know your skin type and the particular care each type needs. I think it is a good idea to have this book by the cabinet and re-read now and then the words of wisdom it offers in each page.

This is the cover, editorial information and table of contents of the book I read.

In the preface, we can start to get a sense of what kind of woman is talking to us. She seems to be a lady that is aging very well, and an expert in the field she is about to analyze for us:

Beautiful advice: "Don't worry about every spot and wrinkle. It's the overall demeanor and luster of your face that determines the impression you give"

Some pages on skincare products:

A couple of pages on facial massages:

Morning and evening care suggested routines:

Some words on sun protection:

More massages:

Formula to look ten years younger in one night:

The day-after morning emergency skin revival routine:

And finally, some tests on what type of skin do you have and how to take care of each type:

In conclusion: a thorough, beautiful and useful book printed in high quality paper so you can keep it near to your skin products.

I also have a blog! Link here:

<http://lunairereadings.blogspot.com>
