



The Skin Type Solution: Are You Certain That You Are Using the Optimal Skin Care Products?

Revised and Updated

Leslie Baumann

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**FORGET EVERYTHING YOU THOUGHT YOU KNEW ABOUT WHAT'S GOOD FOR YOUR SKIN--
AND LEARN THE TRUTH.**

Take the simple questionnaire inside this book and within minutes discover which of the sixteen unique skin types describes your skin, which ingredients to avoid, the skin care brands that are right for you, and your new time- and money-saving regimen. In this revised edition of her classic bestseller, world-renowned Miami Beach dermatologist and researcher Dr. Leslie Baumann helps you shop for the optimal skin care products. She provides detailed lists of recommended products suited to every skin type and budget. Inside you'll find

- your personal skin type profile detailing exactly what will work--and what won't--for your unique complexion
- the newest products for healthy, radiant skin--cleansers, moisturizers, toners, sun blocks, foundations, and more
- tips on preventing skin aging and "problem" skin
- vital information on the new world of prescription products, facials, chemical peels, Retin-A, Botox, and Restylane injections

Now you can look like a million bucks without spending a fortune. This book is almost as good as having Dr. Baumann give you a personal consultation!

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From Reader Review The Skin Type Solution: Are You Certain That You Are Using the Optimal Skin Care Products? Revised and Updated for online ebook

Jen says

This book really helped me understand what I need to be using for skincare. I like how the author gives you several choices of what you should use for your skin type (ranging from \$ to \$\$\$ depending on price), and then gives you her top choice of all she's suggested.

The first couple of chapters talk about why she is qualified to tell you what to use for your skincare and what different skincare terminology is. The third offers a quiz for you to take, and the rest of the book explains the different skincare types. You don't read the whole book - just the first two chapters, then take the quiz in chapter three, and then skip to the chapter that talks about your specific skin type.

I even had my daughter take the quiz. Might as well start her out using the right stuff rather than have to struggle with what to use like I did!

Thanks for the recommendation, Robin! (and for gifting me the book)

Emily Puccini says

Ms. Baumann provides readers with a thorough understanding of their skin type, which helps explain the problems you may be experiencing. She also provides specific product recommendations--which I have not yet tested.

Jasmine Vo says

Good book for those who want to have a healthy and beautiful skin.

Thanks to this book, I found my skin type and made a list of products to use for skincare.

Laurel says

In my ongoing quest to have non-terrible skin, I think this is a pretty useful tool. You use a fairly extensive questionnaire to "type" your skin along 4 axes (think dermatological Myers-Briggs) and then she provides specific suggestions of routines to follow, products/ingredients to use or avoid, etc. for each skin type. Learned some useful things, it's very straightforward and non-hypey (references list is also extensive), products suggested are at a broad range of price points. I appreciated that she goes into some (accessible) depth on the physiology and chemistry of skin stuff (WHAT UP, PHOSPHOLIPID BILAYER) so you can understand WHY certain things might or might not be suitable for your skin. I also appreciated the overall tone, which is overall positive and not anxiety-provoking.

Lara says

I've had years of trouble with my skin. This book showed me what type of skin I have and what I should be doing to take care of it. I was doing everything wrong! A week on her program and my face is looking - and feeling - so much better. The author provides lists of products suited to each skin type (and she has 16 types here, not the usual three or four). I'd have given it four stars if more of the products listed were organic or all-natural.

Allison says

This totally did not make sense. Her whole premise is that there are four facets of skin -- oily/dry, sensitive/resistant, pigmented/non-pigmented, and wrinkled/tight. So I take the quiz, and I'm oily/resistant/non-pigmented/tight. That makes sense.

But the section for that type of skin kept saying that it's the best kind to have because you don't have any skin problems! Which... I do, kind of a lot. And it talked about how people with this type of skin don't get acne, which is news to me, as I've been struggling with acne since I was ten. You "might" have a slight oiliness problem if you have this type. It also didn't seem to take into account that I might not have wrinkles because I'm 25 -- this book was clearly marketed to women for whom aging is an issue.

So I check out the section on oily/sensitive/non-pigmented/tight, as that's the only place there was any wiggle room in my quiz score. And the sensitive section is all about how to deal with redness, which is not a problem I have. (She did have a bit on how to blush less easily, which I don't think of as a SKIN problem.) She only addresses acne very briefly.

Also, she never addresses freckles without assuming it's a thing you hate and want to get rid of -- it's like it never occurred to her that some of us love our freckles.

A totally unhelpful book.

Alyssa says

Follow her advice and your skin WILL improve. It looks like a big book, but it's really a quick read because you only have to take the test & read the part about your skin type. It's worked for 3 people I know, including myself.

MissAnnThrope says

The premise of this book is that by figuring out your exact skin type, you will be able to properly choose your skin products and have near flawless skin. The reader does this by taking a questionnaire to determine skin type (oily vs dry, sensitive vs resistant, pigmented vs non, wrinkled vs tight). You then combine the four

different categories to determine your unique skin type, and then go to your appropriate chapter to read recommendations for your type.

I like Baumann's writing style because she makes the science of skincare easy to understand. The book is straight forward, and I appreciate that Baumann is not pimping her own products. She makes many recommendations from drug store brands to higher end labels to fit every budget.

If you're unsure of purchasing the book, Baumann does have a website <http://www.skintypesolutions.com> where you can take the questionnaire online. It will even provide product recommendations. It doesn't go into as much detail as the book, but if you're short on cash and desperate to make yourself pretty, the website will do. I will update my review after I've had the chance to adopt her recommendations into my daily regime.

Gwen says

I wasn't too surprised by my "skin type" as determined by the Myers-Briggs-esque test at the beginning of the book: borderline oily/dry, sensitive, barely non-pigmented (ability to form melanin), and "tight". I read the chapters OSNT and DSNT to figure out what I should be doing.

OSNT: rosacea and adult acne. Hooray! I took the anti-inflammatory tips from this chapter (products with licochalcone, feverfew, and aloe; stress mitigation (ha!)--*avoid*cocoa butter, parabens, peppermint oil, lactic acid, and coconut oil; little exfoliation) and combined them with the tips from the DSNT chapter. Should the diet route actually be effective: avoid high-glycemic foods, dairy, spicy foods (you can pry my curries from my cold dead hands, *thankyouverymuch*); eat eggs and fish.

DSNT: dry, red, and flaky skin. Double hooray! It's a good day to be me... Avoid detergents and fragrances. Use moisturizers that have all three lipids needed: cholesterol, fatty acids, and ceramides. Avoid foaming cleansers that strip the skin of oil.

But now the problem: I already do all these things. Low-carb, low-dairy diet. Oil cleansing method with castor and jojoba oils for moisture. Avoid parabens, detergents, and fragrances. Use sunscreen daily. There's nothing I can do about the stress, unless my Christmas wish of a new job actually comes through. So now what? Baumann doesn't address what happens when the advice doesn't work...

The online forums are pretty good, and there's an updated list of products online, since a lot of the recommendations in the book are out of date.

Adrienne says

You should read this book just for the quizzes. I like Bauman's theory that skin isn't just normal, dry, oily, sensitive or combination. Her product recommendations are very helpful and tell why certain products work or are detrimental for different skin types. A definite must read for those with sensitive skin.

Camille says

This book is very informative on the various skin types that Dr. Baumann has classified. I have Oily, Sensitive, Pigmented, and Tight skin (OSPT, by the way there are 16 classifications of skin!) and I focused on the chapters that pertained to my skin type. From reading this book, I learned about which products would be best for my skin type that I can purchase from any local drugstore. I also know which dermatological procedures would be beneficial for me and which ones would not. Grab this book from your local library to get a genuine dermatologist's understanding of your skin type and which cost-effective products and procedures you can do right now to heal your skin.

Linhnguyen says

its really useful!

V says

It was educational the way she categorizes skin types. However, once you got your skin type, a large portion of the book became irrelevant. I wish the chapters were better organized; there seemed to be a lot of repetition with daily regimens, recommendations, etc. She should also disclose specific financial interests and which companies sent her free samples, as this could bias her recommendations.

Sarah Walsh says

As I write this, I have once-in-a-lifetime, facial eczema. I cannot test the Author's advice given for under 40, dry, resistant, non-pigmented, wrinkled skin. Here's me, eczema, and identity encased in historically crime-d, Anglo/Irish, fair skin. Unaware until reading of course, it is simple but complex. Thankful, my type is heavily supplied by that oh so charming of beauty industry intent on shaming me/all women toward gracefully, disgracing Old. Further reading? BB creams thus eczema. No sooner Baumann updates, Kardashian will have trialled scraping secretions off a rare breed of donkey's arse-hole. The common-woman to trial donkey on the shelf, 10 years later by which stage, scrape my decay and age-bound atomic mare.

Barbara says

Dr. Baumann classifies skin into different types by four different letters, sort of like the MBTI. (It's worth mentioning that it's possible to change skin types based on how you treat your skin.) While it is a little bit outdated, this book helped me understand what was wrong with my skin. I've had so many people around me try to tell me to use this acid peel and that retinoid, when the truth is that my skin needs to be handled really carefully because the acid mantle toward the center of my face is more or less gone from constant exfoliation and use of foaming cleansers, and it's been that way for several years. I've been using steroid creams for eczema to very little avail and salicylic acid for acne, when the acid mantle actually helps prevent both.

