



## Beauty: The New Basics

*Rona Berg*

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# Beauty: The New Basics

Rona Berg

## **Beauty: The New Basics** Rona Berg

Big, ebullient, brimming over with know-how and passion, *Beauty* by Rona Berg is the only beauty book you'll ever need—a one-size-fits-all, 500-page guide of information, anecdotes and attitude. Illustrated throughout in two-color and featuring a 96-page full-color section, *Beauty* is filled with step-by-step how-tos, professional techniques, brand and product comparisons, and inside tips gleaned from a pro's pro who's covered the world of beauty for *The New York Times Magazine*, *Elle* magazine and other national publications.

The book tackles all three major categories—The Face, Hair, The Body. The emphasis is on simplicity and a healthy, natural approach, and the range cuts across all ethnicities and ages. There are five minute skin regimes, facials, makeup tricks and health tips. How to reduce stress in the bath and pamper yourself with an easy home spa. The long and short of hair care—including what to do on bad hair days. Remedies for beauty emergencies (eyes puffy from fatigue? do what the models do and use a dab of Preparation H). Plus make-overs, recipes, historical lore, stories, time-lines, and an extensive glossary and list of resources. It's a knock-out.

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