

A close-up, soft-focus photograph of a woman's face, showing her nose, mouth, and chin. The skin is fair and appears healthy. The background is a solid, muted blue color.

# *Skin Wise*

A Guide to  
Healthy Skin  
for Women

Edited by

*Annette Callan*

OXFORD

# Skin Wise A Guide To Healthy Skin For Women

**Annette Callan**



## **Skin Wise A Guide To Healthy Skin For Women:**

Skin Wise Annette Callan, 1995 Edited by Australia's first female dermatologist with contributions from six others Skin Wise A Guide to Healthy Skin for Women covers every aspect of skin care from infancy to old age and offers sensible practical advice about skin problems and what can be done to treat them The seven authors are all practising dermatologists specializing in different fields of dermatology They set out to moderate what they see as harmful and excessive expectations generated by some authors and the media For instance they place less emphasis on laser and cosmetic remedies than some of their competitors and they talk about the limitations of certain skin products and of ageing skin itself They show women how to care for ordinary skin and how skin is altered by puberty oral contraceptives pregnancy menopause and ageing For the first time in a book of this kind there is a separate chapter on sexual health and genital dermatology Skin Wise investigates hirsutism hair loss and other scalp conditions A chapter for parents on paediatric dermatology offers advice on moles psoriasis sun protection diet acne birthmarks warts nappy rash alopecia and other conditions There is a chapter on nail care and laser therapy A further original feature of this book is a separate chapter on skin problems in the workplace Here then in one book is a succinct commonsensical guide to every kind of skin problem and treatment for women **Deal**

**With It** Esther Drill, Heather McDonald, Rebecca Odes, 1999-09 The creators of the award winning phenomenally popular interactive website gURL.com present a hip no nonsense resource book for girls What Every Woman Needs to Know About Her Skin and Hair Mandy Leonhardt, 2024-06-20 The appearance of our skin and hair has a huge impact on our psychological wellbeing and confidence Women feel pressure to have glowing blemish free skin and thick luscious hair at all times in reality our skin is a dynamic living organ which reacts to hormonal changes across the lifecycle from puberty to the menopause When our skin does not look healthy and when our hair is thin or falling out we want to understand why and what we can do about it We can spend large amounts on different creams and beauty products or cover the problem with makeup but ultimately the question most asked by women and unanswered by skincare regimes is could this be hormonal The answer is of course yes and if you read this book you'll know exactly how and why By giving you a better understanding of the relationship between your hormones and common skin and hair problems Dr Mandy Leonhardt will help you find lasting solutions whatever your issue Whether you suffer with outbreaks dry skin sensitive skin pigmentation or are concerned about the way your skin is aging in midlife What Every Woman Needs to Know About Her Skin and Hair will provide you with the tools to find more holistic and effective solutions which don't just scratch or moisturise the surface but which look at the root cause of the problem Drawing on both the latest research and on her years of experience as a GP and specialist in women's health Dr Leonhardt offers scientifically proven and practical advice to both understand and better manage the condition of your skin hair and nails She will explain which skincare principles and types of product are worthwhile and which aren't and how you can effectively connect the dots between your skin health and factors like nutrition and lifestyle She gives clear

advice on which non medical treatments are worth pursuing and again which aren't and plenty of additional resources to help you find a cost effective regime which takes both your hormonal stage in life and your bank balance into account

*The African-American Woman's Guide to Successful Make-up and Skin Care* Alfred Fornay, 1998 PERSONAL GROOMING Fornay former creative director for Revlon Cosmetics presents a how to handbook for all women of color He covers the health and beauty of the skin its maintenance and treatment and applying make up *Sorted: The Active Woman's Guide to Health* Juliet McGrattan, 2017-04-06 WINNER OF THE POPULAR MEDICINE BOOK OF THE YEAR 2018 BMA BOOK AWARDS RUNNING AWARDS 2019 TOP BOOK Juliet talks with you not at you and her enthusiasm for the joys of an active lifestyle is bound to inspire millions of women of all ages to lead healthier fitter and much happier lives Lisa Jackson author of *Your Pace or Mine What Running Taught Me About Life Laughter and Coming Last* A friendly accessible handbook that gives you a top to toe MOT to help you stay fit and well From wearing the right bra or exercising during your period to recovering from illness or keeping active during pregnancy Juliet's advice will soon have you sorted and on the road to health

*A Woman's Guide to Better Health and Beauty*, **Medical and Health Care Books and Serials in Print**, 1997

**Subject Guide to Books in Print**, 1991 *Natural Hand Care* Norma Pasekoff Weinberg, 1998 Weinberg presents alternatives to expensive manicures with dozens of easy to make herbal skin care recipes plus solid advice on avoiding or improving debilitating conditions such as carpal tunnel syndrome and wonderful hand massage techniques Line illustrations 2 color text **Australian Family Physician**, 1996 **The New Harvard Guide to Women's Health** Karen J. Carlson, Stephanie A. Eisenstat, Terra Diane Ziporyn, 2004-04-30 With complete information on women's health concerns physical and behavioral this A Z reference brings the topics up to date for a new generation of readers **Australian Books in Print 1998** Bowker, 1998-04 excellent coverage essential to worldwide bibliographic coverage AMERICAN REFERENCE BOOKS ANNUAL This comprehensive reference provides current finding ordering information on more than 75 000 in print books published in or about Australia or written by Australian authors organized by title author keyword You'll also find brief profiles of more than 7 000 publishers distributors whose titles are represented as well as information on trade associations local agents of overseas publishers literary awards more From D W Thorpe **Australian National Bibliography**, 1996 *The Healthy Skin Diet Value Edition* Karen Fischer, 2011 Since it was first released this bestselling book has been a media sensation appearing in publications such as *Woman's Day* *Madison Body Soul* *Dolly* *NW Notebook* *Good Health* *Australian Natural Health Reader's Digest* and *Practical Parenting* as well as being featured on TV programs *A Current Affair* and *Today Tonight* This new value edition capitalises on that success by bringing nutritionist Karen Fischer's proven eight week program to the public at a new cheaper price point Whatever your skin type whatever your skin condition you'll find all the help you need right here Whether you want to eliminate acne cellulite dandruff dermatitis eczema psoriasis or rosacea or simply fight the signs of ageing the answers are in the book You'll also learn how to ensure your children grow

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