

# [PDF] The Black Book Of Hollywood Beauty Secrets

**Kym Douglas, Cindy Pearlman - pdf download free book**

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**Books Details:**

Title: The Black Book of Hollywood B

Author: Kym Douglas, Cindy Pearlman

Released: 2006-11-28

Language:

Pages: 256

ISBN: 0452287650

ISBN13: 978-0452287655

ASIN: 0452287650



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## **Description:**

**From Publishers Weekly** After a few dozen whirlwind pages, the dizzying array of treatments contained here—apparently necessary to stay atop Hollywood's pecking order—may send even the most fashion-savvy readers scurrying for a nap. It's good news, then, that napping is encouraged—for beauty's sake, of course. Taken in small doses, this jam-packed inside look at the surprising beauty rituals of A-list stars serves as a funny, fascinating wake-up call to the harsh reality of celebrity self-maintenance. Image consultant Douglas and freelance writer Pearlman reveal the staggering lengths to which some stars go, including everything from pre-Oscar night colonics to the anatomically incorrect deployment of lip plumpers. While there is a great deal of sensible advice included, there's also some deliciously bizarre rituals on display, such as Kate Beckinsale's three-

baths-a-day regimen and Cindy Crawford's secret to beautiful skin, a regular dose of "leftover milk from her kids' bottles and equal parts mineral water," applied with a spray bottle. Packed with insider trivia, readers will be pleased to find their favorite actresses and celebutantes-and those that style them-spilling the names of their favorite beauty products and enumerating quick-fix solutions to common beauty woes. The best element of this insider's guide is the winning tone of self-described "former dorks" Douglas and Pearlman, who keep things light, dishy and fun. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

**About the Author Kym Douglas** is the host of the upcoming Lifetime Television makeover show, *Queen*, airing in October and the image consultant on *The View*. She appears regularly on *Soap Talk*, *Good Day Live*, *Before & After*□noon, and *Your Weekend with Jim Brickman*.

**Cindy Pearlman** is a nationally syndicated writer for the New York Times Syndicate and the *Chicago Sun-Times*. Her work has appeared frequently in *Entertainment Weekly*, *People*, *Self*, *In Touch*, and *National Geographic* among others.

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