



Your Best Face Now: Look Younger in 20 Days with the Do-It-Yourself Acupressure Facelift

Shellie Goldstein

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Expert acupuncturist and top skincare specialist Shellie Goldstein presents a 20-minute-a-day acupressure system that promises to rejuvenate facial muscle and reduce wrinkles.

Cosmetic acupuncture is today's hottest antiaging treatment, and no one knows it better than Shellie Goldstein. Her signature AcuFacial(r) has made this licensed acupuncturist one of the top skincare specialists in Manhattan and the Hamptons, with a devoted clientele- including Rosanne Cash and Martha Stewart- many of whom pay \$500 per treatment to experience its dramatic benefits.

Now, everyone can reap the benefits of Goldstein's AcuFacial(r) on their own at home with acupressure, a unique therapy that uses massage instead of needles to lift sagging facial muscles, reduce wrinkles, and return youthful vitality to skin tone. Illustrated with amazing before- and-after photos and providing simple step-by-step, easy-to-follow instructions, diet recommendations, recipes, and skincare tips, *Your Best Face Now* teaches everyone how to erase the lines of time- on any budget- in just twenty minutes a day.

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Spent a free time and energy to be fun activity to perform! A lot of people spent their leisure time with their family, or their own friends. Usually they doing activity like watching television, likely to beach, or picnic within the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? Could possibly be reading a book could be option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to consider look for book, may be the publication untitled Your Best Face Now: Look Younger in 20 Days with the Do-It-Yourself Acupressure Facelift can be very good book to read. May be it might be best activity to you.

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