



FACE VALUE

DIY SECRETS
TO BEAUTY
AND A
YOUNGER FACE

GREGORY
LANDSMAN

The Beauty Adviser to
Supermodels and Superstars

REVISED
EDITION
OF THE
BEST
SELLER

Quick, Easy and Natural – a vital healthy glow for next to nothing!

INTRODUCTION TO FACE VALUE BY AUTHOR GREGORY LANDSMAN

The simple do-it-yourself treatments in Face Value target our greatest skin concerns such as reducing fine lines and wrinkles, improving firmness and elasticity and protecting skin from damaging free radicals.

Every formula contains high doses of the most powerful ingredients such as Alpha Hydroxy Acid, Retin A and potent antioxidants used in the most expensive creams on the market.

All are touted as anti-aging, stimulating skin cell regeneration and improving the texture of your skin. The good news is that most of it can be found in your own kitchen!

In more than 30 years of dealing with faces every day, I worked across the globe in the fashion and beauty industry. I could see that the daily stresses of life show up on our faces, and have a profound effect on the way skin visibly ages, even on supermodels.

With this in mind I put together Face Value; a complete skincare manual that offers real solutions and real choices that really work!

Each of these treatments have been tried and tested by people from the four corners of the world and I have used them in my career for years with great success.

Whether it is a treatment full of firming and plumping hydrators or smoothing exfoliators, these formulas will feed your skin from the outside in, restoring radiance and stimulating collagen production.

With Face Value you can create a personalised plan for the issues that concern you most; whether it is saying 'bye bye' to age spots, fine lines, blemishes, sun damaged skin or uneven pigmentation.

Without a doubt our faces say so much more about us than what we look like. They are a pure reflection of our health, vitality and spirit. Through my years of experience in the fashion industry I have come to believe that B.E.A.U.T.Y. is based on the principles of ...

Balance, Enthusiasm, Acceptance, Understanding, Trust & You

I believe that:

Balance in our lives unfolds from the inside out.

Enthusiasm lies within the way we think and feel about ourselves.

Aceptance is the path to making peace with ourselves and others.

Understanding ourselves gives us clarity and wisdom to know what we want, and importantly, what we don't.

Trust attunes our heart and mind so we can nurture spontaneity and adventure in our lives, and know that...

You have what it takes to create the life and love you know you deserve and to never settle for anything less.

I took every photograph in this book as an expression of my belief that as in nature, where every flower is different from the next, we are a living embodiment that beauty is individual.

While Face Value is about learning to nurture your face and your body with great natural products that work, it is also about knowing that the beauty we find outside ourselves is a very small aspect of what lies within.

I have been fortunate enough to cross paths with people who have helped me understand this; each in their own way showing me that the essence of our beauty lies not in our physical characteristics alone, but in the heart of our character.

While I have seen supermodels in Paris dressed in Chanel and women in India dressed in rags, the one truth that reveals their beauty, regardless of who they are, is the truth of their smile.

So whether you are indulging in a skin rejuvenating bath or giving yourself a three-minute facial – Enjoy! After all, B.E.A.U.T.Y. is about good living and great loving, it is about feeling more, healing more, living more and loving more.

*“You are whole and beautiful for no other reason
than you are human,”*

Gregory Landsman

