



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

By Shellie Goldstein

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

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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Editorial Review

About the Author

Shellie Goldstein is one of the top acupuncture skincare professionals in Manhattan and the Hamptons. She is licensed in acupuncture in New York and in Florida, in esthetics in New York, has a master's degree in biology and nutrition, and is nationally certified in Chinese herbology. She lives in New York City.

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