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INSIDE THE SECRET LIFE OF
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FROM GOOI TO A GREAT BODY
WHAT IT REALLY TAKES

Allouche, MD, the president of French skin-care line Biologique Recherche, says, "The dermis is full of water like a sponge, but the problem with the epidermis is that it can easily lose water. So the goal is to help the epidermis retain water, because that creates the optimum environment for delivery of ingredients such as collagen-producing peptides." In other words, don't throw away your daily moisturizer just yet.

WE TESTED THEM ALL!
3 DIETS
THAT REALLY WORK

As Philippe

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