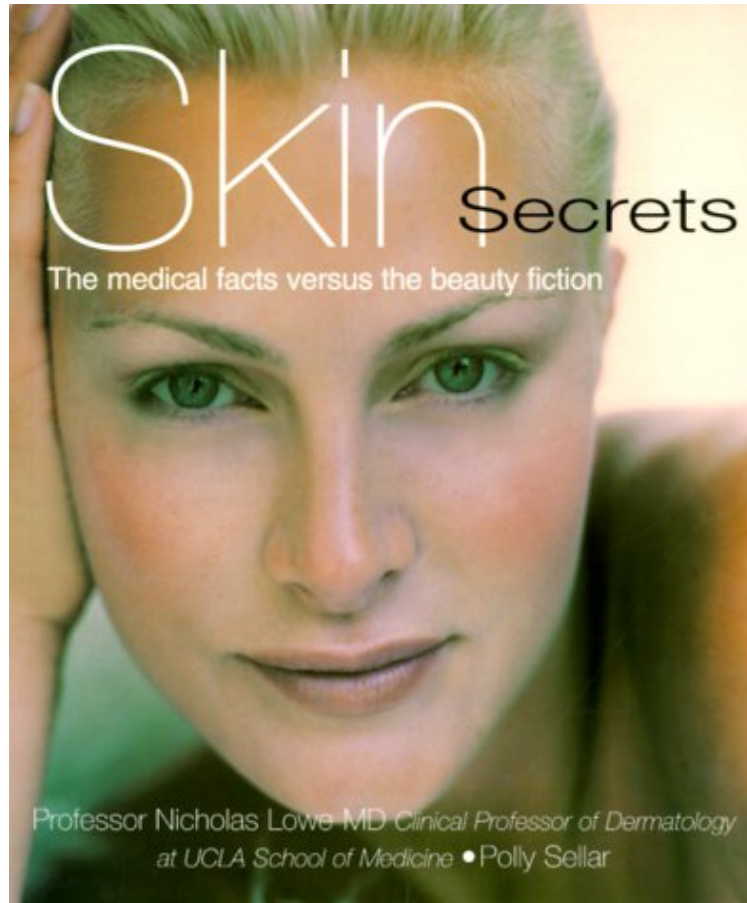


Skin Secrets: The Medical Facts Versus The Beauty Fiction

Prof. Nicholas Lowe, Polly Sellar
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From the newest laser procedures to scientifically sound skincare regimens, this completely up-to-date, fresh, and colorful guide shatters the beauty myth and reveals the essential information the modern cosmetic dermatologist now knows about what skin needs to look its glowing, radiant best. It gives you the medical facts on the latest products and techniques to help your skin stay healthy and young. Clear up the confusion on when you should moisturize and how often you should exfoliate; what AHAs, antioxidants, collagen, retinol, and other ingredients in skin cream can do for you; how common skin problems like acne, eczema, and sun damage are treated; and what results you can expect from

line fillers, chemical peels, and laser resurfacing. Includes case studies, before-and-after photographs, and question-and-answer sections. Bonus: a chapter on caring for your hair and nails. 144 pages (all in color), 7 3/4 x 9 1/4.