

The background of the cover is a classical painting. It depicts a woman's face and neck in profile, looking down. Her skin is fair and has a soft, rosy glow. She is wearing a white, draped cloth over her shoulder and neck. The lighting is dramatic, with strong highlights and deep shadows. The overall style is reminiscent of 17th or 18th-century European portraiture.

The Scientific Revolution in Skin Care

By Hannah Sevak, PhD

Hannah Sivak

The Scientific Revolution in Skin Care



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Educate and empower yourself! Dr. This book will help you understand how your skin functions and changes. • Excellent choice for skin care enthusiasts! Hannah Sivak earned her PhD in Biological Sciences and has worked as a scientist for over 45 years. It will help you comprehend skin care ingredient lists, and that means you know what each ingredient does or doesn't do for you personally. It will provide you with a scientific understanding of skin care so you know what's feasible, what's not, so when to ignore the marketing entirely. Quit buying ineffective items! • Beginner/intermediate/expert-level readers will all benefit from this reserve! She brings all of her experience in botany, molecular biology, and biochemistry to the complex process of product formulation and has now written this reserve to encapsulate and share her knowledge. • Perfect for at-house/DIY formulators or ready-made "product junkies"! With The Scientific Revolution in SKINCARE, you can take skincare into your have hands and feel confident you know what you're doing.



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Hype or Sound Skin Care Science Dr. Makes everything about skincare so obvious. She was a scientist. She explains what the skin needs to look good and how to heal UV and ageing concerns. Dr Sivak teaches you how to save money, read ingredients, with her background (her IQ must be pretty great) and a geek.... she has developed a skin series that will help skin look it is best, all at prices significantly less expensive than some creams designed to "break the bank." Verify her out at "Skinactives.com." I experience like I got the honest truth on the subject of the science of ... Really helpful book!" The overview is introduced by another iteration of the useful admonition, "Please make sure to don't forget to include preservative to whatever contains water, in any other case you could catch an awful infection" (Kindle Loc. If you want to understand what works in skincare, Dr Sivak may be the real offer. I want that the author didn't have their personal business that she plugs throughout the book so to make sure there is no bias in her details but I still feel that her information was accurate. As she says, "I assume that most of you will be reading this publication jumping from what passions you to another bit that also passions you" (Kindle Loc 176-177). Her .I was going to zoom into chapter 7 on pigmentation.. I buy her items because they actually work! It's like 1000 hours of internet reading condensed and concentrated in less than one hour. Her honesty and directness is so refreshing. The publication is concise and to the point. She explains why top-selling brands add so many ingredients that don't work.. If you actually want to know whether to invest \$250 on a miracle cream, you will want first to enjoy this study of skin science. I understand her interest in her function and I do not have unreasonable expectations of her to speak like the marketing/consumer service department. And oh, yes, their products work! The Desk of Contents acts as a gateway, or spring-board, to the reserve. Anyone interested in skin care and how ... My appreciation to Dr. I enjoy reading Sivak's notes. Anyone interested in skin treatment and how it works this is a must read! I had been a silent fan, reading Skin Actives website, and blog. Common sense coupled with expert knowledge Dr. Sivak speaks to her readers in a conversational tone while seamlessly blending-in the basics of pores and skin physiology and the pores and skin's interaction with chemical substances. Dr Sivak is not a native English speaker and it must be difficult to express herself sometimes. Her elegant description of the binding of the development factor (EGF) to the appropriate receptor on a cell's membrane—describing it as an actions that "initiates a cascade of molecular occasions"—gives me a very clear image of the complexity and accuracy of the interactions, and raises my appreciation for her knowledge in choosing which elements to mix in her products, in what forms and proportions (Kindle Loc 2244-2247). In an earlier chapter Dr. Sivak opened the topic of complexity from a different position, in losing the myth of the "single magic ingredient. Luckily, there are several excellent textbooks and resources for these topics so all I'll do here is offer you very few examples of how chemistry issues. Why? Because as soon as your skin has plenty of of ingredient A, having less another ingredient, B or C, will limit the capacity of your skin layer to regenerate. What to do then? The perfect solution is is to give your skin a lot of nutrients, especially those the body cannot make, like efa's and essential proteins. "Silky" is certainly how silicones are likely to feel, but if you ask me they just experience slimy. The need for complexity is a central theme for the book, at least as important as the countless details. It would have to consist of chemistry (inorganic and organic) plus biochemistry of plant life and humans, in addition to the enumeration of the thousands of ingredients used in skincare. Sivak says, "I would not wish of writing a comprehensive publication on the chemistry of skin care. As Dr." Her logic is quite clear: "As you age group, your skin is regularly starved of what it requires, therefore the addition of just one single ingredient won't make a big change. You don't have

to know everything, but it is important that we recognize the complexity of the matter and why we have to learn as much as we are able to about science if we wish to take care of ourselves" (Kindle Loc. Can be SD alcohol good? One value of recognizing the essential complexities is that if we can feeling the intricacies of the interactions between our skins and the products we placed on them, then, even if we don't understand specific details, we can recognize the falsehoods if an advertising campaign tells us that there's an individual, simple description for how their item will generate its miracle! also learned particular snippets of information from the reserve, such as the truth that hydrogen peroxide damages the skin and is no more recommended as part of a First Aid package. And, I was very happy to hear that silicones make no true contribution to skincare. "Silicones (the ingredient that gives a silky feel to creams and lotions) are perfect for this job, but will do nothing else for your skin and may even decelerate absorption of valuable nutrients. So reject silicones and think nutrition. Hyaluronic acid, natural active peptides, essential fatty acids, niacinamide and other vitamin supplements will help your skin layer long-term. A third helpful snippet is the recommendation for an instant Vitamin C encounter treatment: "To get immediate results and experience better about your skin layer, therapeutic massage a few ascorbic acid crystals on damp skin, rinse after a couple of minutes. Any product that promises miracle outcomes with one miracle ingredient is normally a lie" (Kindle Loc 2113-2117). And if you're likely to live an extended and fruitful existence, you need to believe long-term" (Kindle Loc 674-677). Makes everything about skin care so clear Just received my duplicate of Hannah's book. For long term results, I would suggest some ready-mixed products" (Kindle Loc 1068-1070). One element that gives me confidence in Dr. Sivak is certainly her fairness in handling the hotly-debated topic of preservatives. She repeatedly broaches the topic—indeed, she warns us in the first paragraph of the book that "the dependence on preservatives in skin care products" will be one of these of her intentional pattern of repeating important factors (Kindle Loc 178-179). Her arguments for the need of preservatives have many lines of logic: (1) that parabens, for instance, are proven secure for their use in certain formulas; chemicals put into the formulation for the purpose of killing or delaying development of bacteria and mold, are constantly present in any formulation, whatever the label may state. "In brief, preservatives, i.e. and (2) that most if not all of the merchandise claiming to have "no preservatives" are hiding the preservatives, unnamed, within a highly-modified mixture which includes potent preservatives along with a botanical element whose name is mounted on the whole. The notable exception is products completely free of water, because microorganisms require water to develop and divide. Etc etc Is certainly mineral oil great? What impresses me is normally that, despite her strong feelings about the safety of parabens, her line of products includes many that use additional preservatives. I appreciate that Dr. Sivak respects our to decide these issues for ourselves, and that she provides products appropriate to US criteria and to those of various other countries. Dr. Sivak's book will become my reference information in choosing cosmetics, and I recommend it enthusiastically. Hannah Sivak for this amazing book. I buy her items because they actually work! Though I desire a straightforward chart that diagrams which SAS products are and so are not suitable, that's probably not possible. What does seem sensible is certainly Dr. Sivak's summary: "The take-home message for DIY: there is no magic formula. How many actives and how much you can find in will depend on the base you utilize, the solubility of the different actives in that foundation and the conversation between actives. Begin by composing down what you would like from the mix, then pick the actives that can get the job done, and select the base most with the capacity of solubilizing the actives. You might need several mixes to

accommodate all of the actives. I appreciate her science background and integrity. I feel like I acquired the honest truth about the technology of my skin.. Cut the BS with Actual Scientist specialising in Biochemistry, Botany (plant extracts), Proteins (EGF). Learn the real truth. I actually was reading it before bed yesterday evening. It got me hooked... up to somewhere in chapter 4 currently. I am not really a fast reader. So excellent!. and I wished I slept earlier. I would do so within my Hair appointment afterwards. 1076-1080). it was just so interesting I possibly could not really put it down. Personally i think more confident buying skincare products and understanding the ingredient list. Slice the marketing sleaze talk, full of promises, zoom into honesty & the how factors function, many myths dispelled! I wished this book came out earlier! The very best part . You can finally browse the ingredients list on a jar of costly cream and know if you're getting a jar of hype or accurate skin care actives.. With an extraordinary CV of being an expert in botany (plant extracts), proteins, bio-chemistry... ensuring that products work, Not dangerous (no Hydroquinone or shortcuts), it's a classic marketer dream to have such a profile to market.. Medical researcher who was simply blessed to be under the assistance of a nobel prize winner's specialising in bio-chemistry.. I do not quit understanding the research because Dr Sivak actually understands why and the chemistry of substances she come up with, because she knows it, she can describe it. Unlike most times i give up understanding because I am out of my depth.... but was delighted that she discussed Hydroquinone /arbutin prior she what works. Salicylic acid. Pores and skin Actives' Alpha Beta Exfoliator, Cleansing Oil, and Every Lipid Serum are developed without water and for that reason need no preservatives" (Kindle Loc 499-502). 731-735). Can you really have organic all organic no preservative product?Dr Sivak is outraged by pseudoscience and she teaches the reader to end up being discerning. So glad to learn it all in one source from a trusted sources. Being a scientist is different from a founder of a skincare company. Then you will need to test for the solubility of each active, by adding small amounts and combining. Save your money and check out what really can and can't make your skin its best. I learned a lot from reading the publication, including general concepts such as the interdependence of the elements in most chemical reactions. I really do appreciate the details which she goes to to explain how things work. Thanks for sharing your knowledge, Hannah. I've read bits here presently there, from not so reliable sources. I respect her honesty, integrity as it is rare nowadays, especially in skincare. Her book explains why. Actually 1000hours may not even offer you 50% of what you are to read in the book. Zero affiliation and zero dollars received for my review. Five Stars Great Great book in skin-care products! Hannah Sivak for this amazing publication. Can't wait to keep reading.. ? Promotion of Their PRODUCTS We was naively misled by the name of the publication; I thought the publication would provide unbiased info on basic skincare. Love it. Love it. You will like the method your skin layer looks and feels after this. However, the book is merely an loosely-veiled advertisement for his or her line of chemically-containing skincare items. Hannah Sivak, a skincare biologist and chemist, makes complicated skin science easy to understand. but Skin Actives is sold with a good science background, constantly backups to medical journals, no empty claims, no white washing, and she is always able to inform it like I am 5. Thank you Dr Sivak ?Despite having no science background, Dr Sivak's book has the capacity to make simplify the skincare industry to me, how FDA work, INCI rules, why issues are like so, advertising methods, plant extracts (how using different parts of the same plant can have different effects) etc, items with little or no actives out there, getting inside, she sees everything and the most rare part can be she shares it.



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