

Forget the Facelift



Turn Back
the Clock with a
Revolutionary
Program
for Ageless Skin

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with Sondra Forsyth

Doris J. Day

Forget the Facelift: Turn Back the Clock with a Revolutionary Program for Ageless Skin



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Doris J. In Forget the Facelift, Dr. Day brings her full-provider dermatology practice for you. Not merely does she give a skin-care regimen for gorgeous, glowing epidermis and detailed descriptions of all latest wrinkle erasers and rejuvenating skin treatments, Dr. Day's system for ageless epidermis is a list of epidermis saboteurs that visitors must avoid no matter what to keep their epidermis healthy, as well as strategies for improving their overall appearance-including, dress, locks, and makeup recommendations, which will make their skin look even better. In this book, you'll find recipes to make homemade facial cleansers, masks, and scrubs, in addition to menus, quality recipes, and fitness tips to get you on the road to eating right and working out for your skin's wellness. Rounding out Dr. Time takes caring for your skin layer a step further.



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It is more a diet book, not a guide to plastic surgery. Five Stars Great, easy to follow, informative book.! The author outlines a realistic plan with detailed steps to follow for healthy skin and a sound body. Great information based on the latest science Great information based on the most recent science. I was pleased that I was already doing a number of the issues Dr, Time recommended, but even more excited to understand new things to increase my routine. A reward is a lot of her personal quality recipes for healthy eating! I will be giving this book to family and friends as a gift!! Must have got when I was youthful and maybe could have prevented the damage.! Great reference for sunbelt states Great book, with practical and useful suggestions which are realistic and inexpensive.... Doris J. Day Requires heavy usage of creams/lotions for outcomes. Not currently sure if the results will reach my objectives. The shipping of the publication and the reserve itself was fine. Facelift Old book - not as interesting as We had hoped. Five Stars Great ideas for conditioning your skin Recommend Very great information, both in breadth and depth. It was a delight to learn. I love this book! Five Stars Well-written with interesting info.! Just a yawn I did not come across this helpful.Excellent! Love it. Dr. Day's direct experience changed into the layman for ideal results. Exceeded my expectations that have been pretty high already Book was a lot more than expected. Forget the Facelift: Turn Back the Clock with a. Ideal for preventing damage, and ideal for those folks trying to boost sun damage. Karen, from sunny Georgia



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