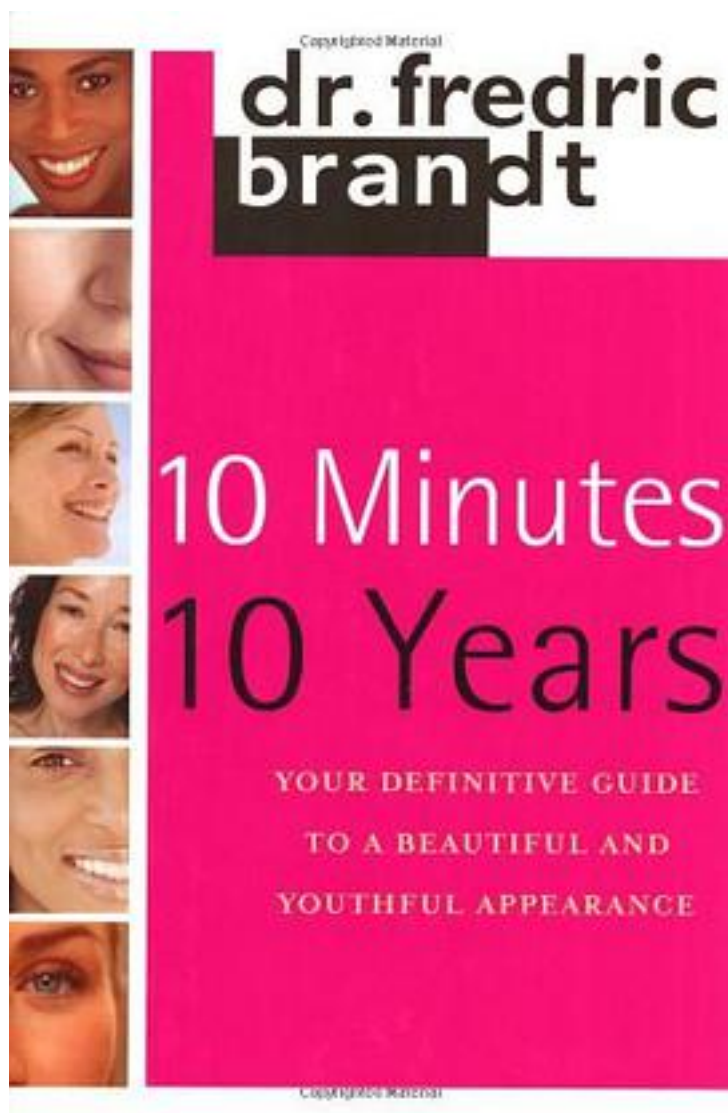# 10 Minutes/10 Years

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If you've already had three facelifts and are desperate for the next fix; if you're thinking of going under the knife, but hoping you don't have to; if you need specific, detailed information about how to get rid of the bags under your eyes or those ever-deepening wrinkles if you've tried everything and no skin care treatment has worked, Dr. Frederic Brandt's simple, streamlined system is for you. With 10 MINUTES/10 YEARS, one of the world's most famous cosmetic dermatologists offers a revolutionary skin program that will only take you ten minutes a day. There is a skin care revolution taking place; the days of washing your face with soap and water and slapping on some cream are long gone. But this means that skin care isn't simple anymore. As new products appear seemingly overnight (some of them good, some of them terrible), it becomes harder and harder to know what's right for your skin. Dr. Brandt wants to make you a more educated consumer so you know exactly what to ask for when you go to your dermatologist. He wants to help you know who to go to, and who not to go to--go to a facialist for facials, for instance, but not for in-depth skin care advice.If you find yourself in what Dr. Brandt calls "the Bermuda triangle of skin care," you need a system for success. In 10 MINUTES/10 YEARS, a uniquely formatted, easy to use book, Dr. Brandt makes available all of his time-tested skin care know-how--and he does it with warmth and humour. There is no one-shot solution - we are constantly aging, and we have to keep maintaining ourselves. 10 MINUTES/10 YEARS is Dr. Brandt's targeted approach to this maintenance. His system has already helped thousands of people look younger, and now readers will have their own one-way ticket back to a youthful appearance.

作者介绍:

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