

Forget the Facelift



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出版者:Putnam Pub Group

出版时间:2006-10

装帧:Pap

isbn:9781583332610

In *Forget the Facelift* , Dr. Doris J. Day brings her full-service dermatology practice to you. Not only does she provide a skin-care regimen for beautiful, glowing skin and detailed descriptions of all the latest wrinkle erasers and rejuvenating skin treatments, Dr. Day takes caring for your skin a step further. In this book, you'll find recipes for making homemade facial cleansers, masks, and scrubs, as well as menus, recipes, and fitness tips to get you on the road to eating right and exercising for your skin's health.

Rounding out Dr. Day's program for ageless skin is a list of skin saboteurs that readers must avoid at all costs in order to keep their skin healthy, as well as tips for improving their overall appearance-including, dress, hair, and makeup suggestions, which will make their skin look even better.

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