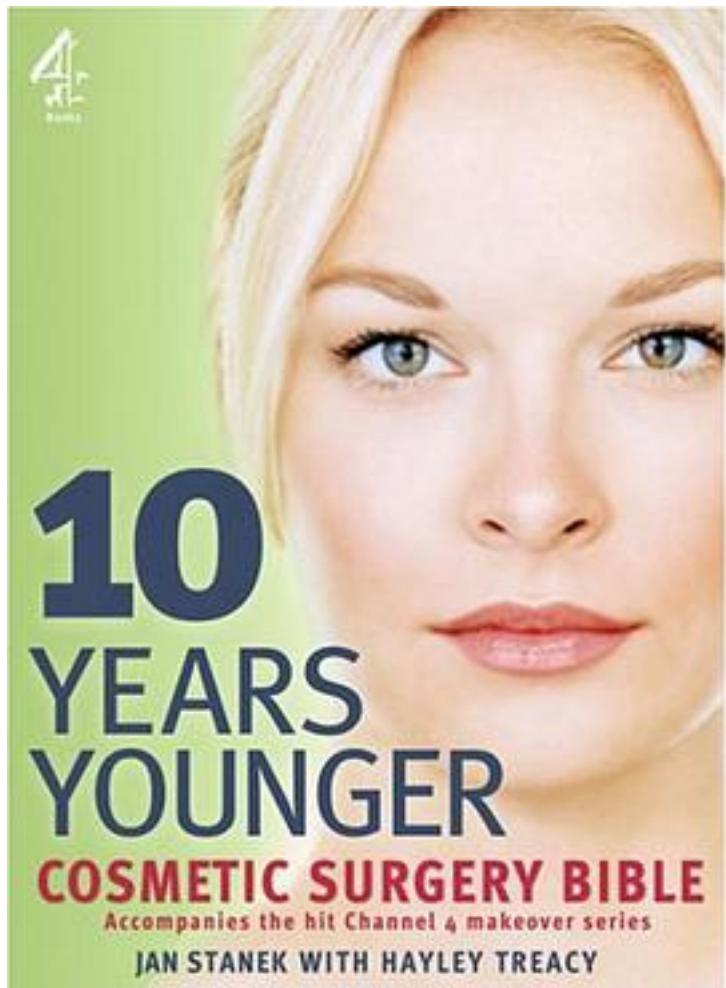


10 Years Younger Cosmetic Surgery Bible



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Since 10 Years Younger first brought cosmetic surgery to the small screen in 2004, its increased acceptability, availability and affordability have made it one of the

fastest-growing industries in the UK. But how much do we really know about the procedures on offer and how they are carried out?

What exactly is liposuction? Is collagen dangerous? How long does it take to recover from a facelift? How painful is a nose job? And how do you know which surgeons are certified?

Here, Jan Stanek, 10 Years Younger's resident cosmetic surgeon, sets out openly and honestly to answer these questions and more. The pros and cons of all of the UK's most popular cosmetic procedures are examined in detail – what they involve, who should consider them, what they will and won't solve, potential risks, potential reactions and length of recovery. Before and after photos show you exactly what can be achieved, and handy hints help you to look that little bit younger without ever actually having surgery. So, whether you're considering a brow lift, a boob job, or even just a Botox injection, this book will help you weigh up all the options and make a calm and informed decision that is right for you.

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