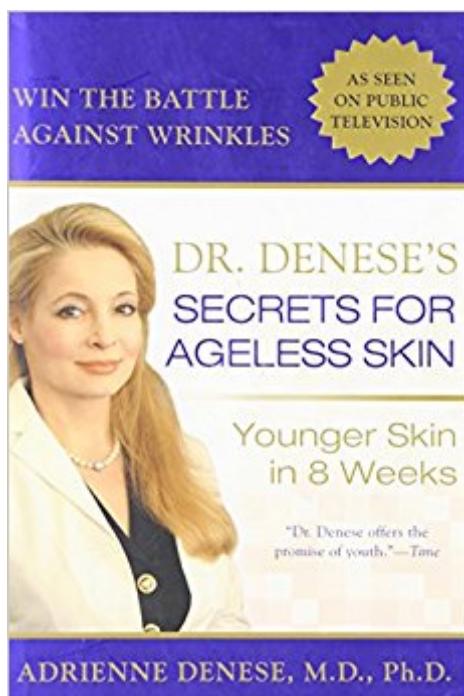


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# Dr. Denese's Secrets For Ageless Skin: Younger Skin In 8 Weeks



## Synopsis

American women spend 4.3 billion dollars a year on skin care products that just don't work. Now, anti-aging expert Dr. Adrienne Denese draws on recent medical breakthroughs, the development of new treatments and ingredients, and her own experience helping thousands of patients reverse the signs of aging to bring her skin care secrets to every woman. In this accessible book, she offers practical advice, information, and techniques that guarantee younger-looking skin, including:

- Dr. Denese's 6-step program for flawless skin (the only skin care program readers will ever need)
- Self-tests to help readers analyze their face and choose the best program for their skin
- A shopping list of products they do and do not need
- A medically sound eating plan
- A guide to getting the right treatments at the doctor's office, spa, or salon
- A preview of the very latest treatments

## Book Information

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## Customer Reviews

Adrienne Denese, M.D., Ph.D., is one of the first doctors in the United States to specialize in anti-aging medicine. She has made dozens of television appearances and has been interviewed on 20/20 and Good Morning America. As a medical expert, she has been quoted in dozens of magazines, including Vogue, InStyle, Glamour, Allure, and Cosmopolitan, and featured in more than 100 newspapers nationwide.

I love skincare... I'd go as far as to say I'm a beauty connoisseur. I don't wear a lot of makeup, but I'm extremely driven to find products that tone, contour, and even out my skin. I'm in my late 30's,

and lately my skin has been more problematic. My ethnicity/skin coloring is notoriously difficult to manage later in life - I'm French/Scottish, which means I have thin skin, light freckles, and visible capillaries. My troubling areas are around my face and nose. I do not have much in the way of deep lines. Anyway, I spent about 2 days looking through all the highest reviewed recent skincare books and decided upon Dr. Denese. I'm very happy with my decision! I love how she describes a 6-step skincare regime that is both specific and flexible. She tells you what kinds of ingredients to look for, so readers have the choice to use her products or not. This is the evening routine: step 1 = clean and rinse with gentle soap (optional toner) step 2 = exfoliate (she recommends glycolic pads every evening - should also do peels twice a week) step 3 = water-based serum step 4 = lipid-based serum step 5 = seal (moisturize) Morning routine: step 1 = no soap, just use a little toner on a cotton ball step 2 = lipid-based serum step 3 = moisturizer if needed, SPF is mandatory. She makes a strong case for the benefits of exfoliation and reminds readers that it will actually make your skin thicker, not thinner - I kind of knew this, but she thoroughly convinced me. I realized I'd been 'treading lightly' on the bridge of my nose because I thought harsh chemicals would make my capillaries more visible. I purchased her starter kit (glycolic pads, lipid-based serum and moisturizer) and have used other products to fill in for the other steps. After 4 weeks, my skin already looks much better: firmer and even skin tone. I also started taking Carnosine supplements, as per her advice. I believe I've noticed a difference from them, but it's hard to say because I changed my skincare routine at the same time. As for her 'unrealistic' diet: I agree, it's pretty undoable... she basically advises people to eat nothing but vegetables and egg whites and "good" fats until 1 pm. After 1, you get to add some fruit to your vegetable/lean protein/good fats diet. No sugars at all, no starches at all, no beans at all. For someone who walks everywhere and goes to the gym regularly, I couldn't for the life of me figure out how I'd get enough calories from the diet unless I poured heaps of nuts and olive oil on everything. I suppose if you think of the diet as an 'ideal type' and don't really expect yourself to follow it 100%, it forms a useful set of guidelines. She would have been wiser to construct something that allows for human variation, such as telling people to follow her diet with the exception of 5 substitutions per day or 2 days off per week.

I expected this book to be a skin commercial for Dr. Denese's skin line. I was pleasantly surprised how much great information was packed into this book. After following her advice for a couple weeks, I immediately saw results. Everything she said made perfect sense. Basically, one of the main things she tells you to clean and exfoliate everyday and never go outside without SPF. I use her exfoliating pads and I think not only do they work, but they are so simple to use. You can pick up

a used copy of her book for about a few bucks. It is worth the full price of the book.

I think that the information was extremely useful. I was able to pick and choose the most important aspects to implement with my skin care system. Additionally, I have purchased a few key products from her skin care system. I'm very happy with them and I've purchased numerous higher end products as well as the easily accessible skin care products at the local drugstore.

Much more than a cosmetic advice book. Dr. Denese provides nutritional and diet advice. What I truly respect is that she does promote her own product line but often includes other product lines that you can substitute. Incredibly informative from a doctor's perspective.

Straight talk on skin care and cosmetic procedures ranging from mild to intense. The book addresses all skin types, from fair to dark, dry to oily, as well as various conditions. There are numerous warnings and tips. Do not have procedures without reading it or you may regret the one you chose. The book includes stories of success as well as the wrong procedures used on certain skin types, damaging the person's looks irreparably. The book is also a reference: there is a full list of cosmetic ingredients with their purpose and effect (good and bad) on skin. While the Dr. discusses her own products, she also names others that are effective, and I was able to locate good ones at decent prices. The book is a very easy read, and while I was anxious to get to the skin care, the early chapter about the Dr's life under communist rule and how she got into this line of work is absolutely fascinating. I have been following the Dr's advice and my skin is already markedly improved after a couple of weeks.

Her book is awesome! I refer back to it all the time and she has beautiful skin. Great information in this book on how to take care of your skin.

I particularly like this book because the author makes the effort to explain the why's and how's that products work, and what to look for in terms of ingredients rather than brand names, in ways that laymen can understand. I especially like the almost brusque tone the book takes sometimes, kind of "this is how it works, these are some of the products that do that, here are some things that don't work, this is why, now you're done school go make a decision". When it comes to really understanding something, I find too much "colour", and salesman-type prose, a little annoying. FWIW, I haven't had much exposure to "skin care" literature before, just articles here and

there in various magazines, which pitch a brand more than anything else, so I especially appreciated this book from an "introductory education" perspective. Now at least i know/understand the key terms and ingredient names, with which I can do further research if I'm searching for skin care products.

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