



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

By Doris J Day

Avery Publishing Group, United States, 2006. Paperback. Book Condition: New. 229 x 145 mm. Language: English . Brand New Book. 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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Reviews

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-- **Marvin Okuneva**

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-- **Zachery Mertz**

Other Books



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Atheneum Books for Young Readers, 2000. Paperback. Book Condition: New. No Jacket. New paperback print book copy of Pickles to Pittsburgh: Cloudy with a Chance of Meatballs 2 written by Judi Barrett. Drawn by Ron Barrett. New York: Athenium Books for Young...



Read Write Inc. Phonics: Yellow Set 5 Storybook 7 Do We Have to Keep it?

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 211 x 101 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 and 2 sounds....



My Best Bedtime Bible: With a Bedtime Prayer to Share

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