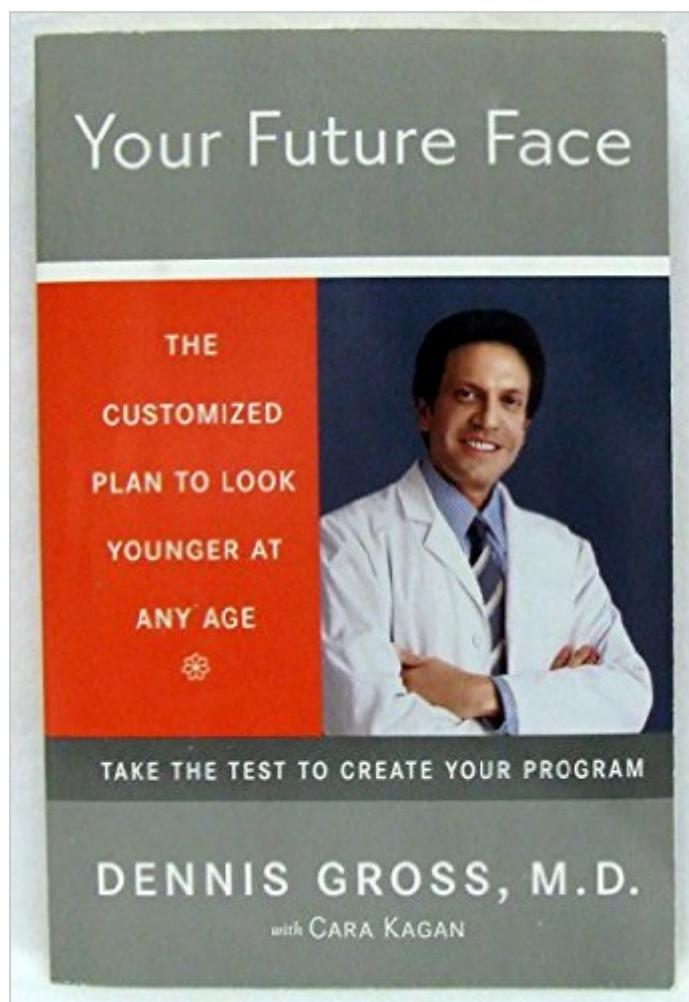


The book was found

Your Future Face: The Customized Plan To Look Younger At Any Age



Book Information

Paperback: 210 pages

Publisher: Viking (2004)

Language: English

ISBN-10: 073945532X

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Product Dimensions: 8.1 x 5.3 x 0.8 inches

Shipping Weight: 3.2 ounces

Average Customer Review: 4.8 out of 5 stars See all reviews (5 customer reviews)

Best Sellers Rank: #2,546,481 in Books (See Top 100 in Books) #142 in Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Skin Care

Customer Reviews

As a New Yorker, I have the privilege of both reading this book and being treated by Dr. Gross, so I can confirm that his methods and suggestions really work. This is the book to buy before going to the dermatologist or plastic surgeon's office because it explains all your choices (peels, lasers, botox, etc.) and educates about what to look for in a safe, effective anti-aging program. The book begins with the "Skin Lifecycle Quiz," which establishes the basis for customizing the approach to maintaining your skin. In my opinion, this is the key to choosing the right treatment options for improving your skin. Without it, it's too easy to just buy a line of treatment products at the department store and hope they work (we've all been there!), or possibly opt for inappropriate surgery or unnecessary processes. Dr. Gross's approach is conservative, and he emphasizes protection (sunscreen!!!) and using proven choices (active ingredients and technologies) to get the results that you want. The biggest misconception I've encountered in recommending this book to friends is that they all want to wait until they're over 40 to start dealing with their skin. This is a big mistake - it's important to maintain your skin ASAP, whether you're in your 20's, 30's or more. Dr. Gross emphasizes preventive care, and I agree.

I am so happy I happened across this book. I hit 30 recently and overnight my skin seemed to change. I've wanted to do more for my skin for 5 years now but have always felt overwhelmed by all the products out there. I also never had a dermatologist that offered up suggestions on how to go about minimizing the effects of aging. This book does that. Dr. Gross provides a helpful, easy to read, and easy to understand approach to taking control of your skin destiny. He doesn't bore you

with medical jargon but gives you just enough so that you have a basic understanding of what role different hormones and chemicals play on your skin. He starts out with a helpful test to group you into one of four skin levels. Based on what level you are in, he recommends a skin care regimen. Although he has his own line of pricey skin care products, he does not push it on the reader which makes the book that much more credible and respectable. After oohing and aahing over the before and after color photos, I incorporated some of his advice and have had some really great results (using Renova, twice daily washing and regular exfoliation). Based on the immediate improvements I just purchased some of his skincare products (it is too early to comment on them.) This book has done such an excellent job of explaining what my skin type and age group needs and how and where to get it. I typed up a list of my skin concerns and what products and lasers I should ask my dermatologist about. I feel much more confident that I will get the skin I want now that I know what to ask for. A worthwhile read.

Great book, I'm a skincare junkie and I found this book very helpful. I love Dr. Gross' products, all of them!

We both try to eat healthy and take the supplements that are recommended: fish oil, primrose oil, eat lots of cold water small fish, pecans, walnuts,

Great book. Recommend this seller.

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