



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

By Doris J. Day, Sondra Forsyth

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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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Editorial Review

Review

A comprehensive program for improving the skin's appearance . . . An excellent blend of a beauty book and a self-help manual. -- *Library Journal*

About the Author

Doris J. Day, M.D., is a board-certified dermatologist who specializes in laser, cosmetic, and surgical dermatology. She is a columnist for **Redbook** magazine and has also been featured in **InStyle**, **Vogue**, and **Glamour**. She has appeared on the **Today** show and CNN's **Paula Zahn Now**. Dr. Day was the consulting dermatologist for the Good Skin line of skin care products by Estée Lauder. Visit her web site at forgetthefacelift.com.

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