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Nota di contenuto	Cover ; Contents ; PART I: THE TRUTH; 1. Getting on the Right Track; 2. Successful People Have Good Skin; 3. Getting Started: You, Too, Can Have Beautiful Skin; 4. Special Care for Hands, Feet, Nails, Hair, Lips, and Elbows; 5. Seven Secrets for Sensational Skin; 6. Your Amazing Skin; 7. When Skin Ages: The Scientific Basis; 8. Amazing Transformations in Your Appearance; 9. Protect Your Child's Skin; PART II: SORTING TRUTH FROM HYPE; 10. Advertisements or Truths?; 11. Getting Past the Myths and Hang-Ups; 12. Alternative Therapies, Natural Products, Fact or Fiction? 13. New "Breakthrough Products": Do They Work?; PART III: A SKIN CARE PROGRAM FOR YOUR SKIN; 14. The Healthy Skin Program; PART IV: SKIN PROBLEMS; 15. What You Need to Know About Skin Cancer; 16. Dry Skin, Chapped Lips, and Mottled Skin; 17. Problems with Hair and Scalp; 18. Acne, Rosacea, and Other Facial Blemishes; 19. Those Awful Warts!; 20. Bites and Infestations; 21. Unwanted Spots and Growths; 22. Rash; 23. Skin Infections; 24. Other Annoying Problems; 25. Chronic Skin Problems ; 26. Problems In and Around the Mouth; 27. Skin

Changes in Pregnancy; 28. Common Problems in Children
PART V: THE FUTURE; 29. Oh Crystal Ball, What Is the Future for Us All?;
30. Hot Areas of Scientific Research That Will Change Skin Care; 31.
New Breakthroughs; 32. Learning from the Simplest Organisms; 33.
The New Genomic Era-How It Will Impact Skin Care; 34. Renewing Our
Body: Stem Cells and Tissue Transplantation; 35. Tissue Engineering-
Making a New Body Part; 36. Nanotechnology-A Whole New World; 37.
Medical Tourism-A Vacation and a Face Lift?; 38. Taking Technology
Home; 39. The Case for Vitamin D; 40. The Finishing Touch; Appendix;
Notes; References; Index

Sommario/riassunto

Provides consumers with an accessible introduction to the biology of the skin, covering conditions ranging from acne, rosacea, and sun effects, to the early warning signs of skin cancer. Critiques products including exfoliants, astringents, peels, toners, eye creams and night creams, while analyzing the effectiveness of herb treatments, vitamins, and "natural" products. Offers an objective assessment of procedures such as Botox injections, chemical peels, and facial resurfacing.
