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## The Youth Equation: Take 10 Years Off Your Face

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By Cara Birnbaum

Wiley. Hardcover. Book Condition: New. Hardcover. 288 pages. From one of the worlds leading dermatologists, a major new guide to skin health and beauty that helps readers look ten years younger without surgeryRenowned dermatologist Jeffrey Dover and his expert skincare advice have been featured everywhere from the Today show, Good Morning America, and CNN to the New York Times, Vogue, Self, and many other publications. Known for providing high-end yet affordable skincare advice and products, Dr. Dover is the creator of the highly successful Skin Effects line. Now Dr. Dover shares his secrets with the rest of us. The Youth Equation first proves that its not peoples real age that matters, its their skins virtual age, or SVA, that reflects the way their complexion is behaving. The book then reveals Dr. Dovers unique program for looking ten years younger--at any age. The Youth Equation includes a revealing quiz to calculate readers SVA scores. Dr. Dover then walks readers through the world of skincare ingredients to create a customized do-at-home plan anyone at any age can follow simply by picking up a few products at the local drugstore. Dovers comprehensive product guide includes many popular brands and shows which cleansers, treatment...



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