

Dr. Denese's Secrets for Ageless Skin: Younger Skin in 8 Weeks

Adrienne Denese. M.D. Ph.d



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Dr. Denese's Secrets for Ageless Skin: Younger Skin in 8 Weeks Adrienne Denese. M.D. Ph.d American women spend 4.3 billion dollars a year on skin care products that just don't work. Now, anti-aging expert Dr. Adrienne Denese draws on recent medical breakthroughs, the development of new treatments and ingredients, and her own experience helping thousands of patients reverse the signs of aging to bring her skin care secrets to every woman. In this accessible book, she offers practical advice, information, and techniques that guarantee younger-looking skin, including:

- Dr. Denese's 6-step program for flawless skin (the only skin care program readers will ever need)
- Self-tests to help readers analyze their face and choose the best program for their skin
- A shopping list of products they do and do not need
- A medically sound eating plan
- A guide to getting the right treatments at the doctor's office, spa, or salon
- A preview of the very latest treatments



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