



# **Skin Rules: Trade Secrets from a Top New York Dermatologist**

*Debra Jaliman MD, MD Jaliman Debra*

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*Skin Rules* is a concise and practical instruction manual from a renowned Fifth Avenue dermatologist on how to attain beautiful skin, a taut and sculpted body, and a much younger appearance. Actors, models, and newscasters go to Dr. Jaliman for her cutting-edge technology and the latest in skin care, as well as for her reputation for being the "last stop" doctor, the one who fixes what others can't.

*Skin Rules* has something for everyone, no matter where they live or how much money they have to spend. This small, invaluable guide supplies the same advice Dr. Jaliman gives to her celebrity patients, from lasers to remove sun damage and turn back the clock to suggestions for simple products and habits anyone can adopt for a small outlay of time and money.

In *Skin Rules* readers will learn:

- about the one ingredient that should NEVER be in sunscreens, but often is
- how to use inexpensive Aquaphor to heal wounds and prevent scarring
- which drugstore products really work for acne and wrinkles

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