



Save Your Face: The Revolutionary Non-surgical 6-step Facial Rejuvenation Program

Brooke Rutledge Seckel MD

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Save Your Face is a comprehensive, scientifically referenced review of the topic of facial aging and of the contemporary medically accepted methods for the prevention and correction of facial aging changes. The book is written by an internationally recognized plastic surgeon and authority on nonsurgical methods of facial rejuvenation.

Common wrinkle and anti-aging cures that are heavily marketed on the web, magazines, spas, beauty salons, newspapers and magazines are all thoroughly discussed and honestly evaluated in this book. Topics discussed include wrinkle removal, removal of brown spots, removal of blood vessels, removal of sun damage, how to tighten your skin, how to get rid of that tired look, how to remove dark circles under your eyes, and the truth about facial anti-aging cures.

Popular creams such as RetinA®, Tazorac®, Avage®, Epiquin®, Claripel®, Glyquin®, Vitamin C Serum®, PreVage®, Avotox®, StriVectin®, SerumXL®, Crème de Vie®, Alpha Lipoic Acid, Glycolic Acid, Coenzyme Q10, PPC, DMAE, Acetyl Hexapeptide-3, Palmitoyl Pentapeptide, and Hyaluronic Acid are evaluated. A helpful chart listing which creams are medically proven to work and which are not is included in Chapter 6 to help the reader decide what creams to buy at the cosmetic counter. Popular "no down time" cosmetic, anti-aging treatments such as Botox®, Restylane®, Radiesse®, Microdermabrasion®, MicroLaserPeel®, Gentlewaves®, Thermage®, and Titan® are also explained and guidelines and indications for their use outlined.

The book also teaches the reader in easy to understand language what causes facial aging and what are the first signs of facial aging so that the reader can detect these changes early before they are permanent. The reader then take steps to prevent further changes and correct changes that have already occurred. Holistic, dietary, and lifestyle modifications which can prevent or reverse facial aging are fully outlined and discussed.

Finally, Dr. Seckel teaches the reader how to choose a qualified medical professional who is board certified and competent to help the person who is seeking facial rejuvenation. Save Your Face is intended to educate the consumer, promote patient safety, and provide an ethical and honest discussion of this highly promoted and advertised topic.

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Jillian Harrington:

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