



The Youth Equation: Take 10 Years Off Your Face

Jeffrey Dover, Cara Birnbaum

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From one of the world's leading dermatologists, a major new guide to skin health and beauty that helps readers look ten years younger without surgery

Renowned 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 it's not people's real age that matters, it's their skin's virtual age, or SVA, that reflects the way their complexion is behaving. The book then reveals Dr. Dover's 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. Dover's comprehensive product guide includes many popular brands and shows which cleansers, treatment creams, and sunscreens really live up to their promises, offering options to suit a range of skin types and budgets. For those who want to jumpstart their progress with a more aggressive approach, Dr. Dover demystifies injectable fillers, Botox, lasers and light sources, anti-cellulite treatments, chemical peels, cosmetic surgical procedures, and more with a combination of intelligence, warmth, and refreshing candor. *The Youth Equation* is a fresh and indispensable guide to better skin health and beauty.

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