



# Be Youthful: Look Good, Feel Great--and Remain Young at Any Age

*Dr Shino Bay Aguilera, Loren Psaltis*

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Miami's top cosmetic dermatologist reveals his secret Fountain of Youth. Now you can look good, feel great—and remain young looking for the rest of your life. In BE YOUTHFUL, you'll learn:

- Advanced techniques the professionals use to restore facial fat and contour tissue for a younger, more natural-looking appearance.
- Why women should do everything in their power to become “billionaires” of collagen and elastin before confronting the drastic changes of menopause
- The factors that cause ongoing damage to the skin—and how to protect yourself against them.
- Tips for preventing and treating the seven most common skin disorders seen in the doctor's office.
- Skin requirements for every decade—from your twenties to your seventies—including protocols for the proper use of cleansers, toners, moisturizers, and sunscreen.
- Professional makeup tips to help women of any age look spectacular.
- Incredible benefits and possibilities of laser light technology in medicine and aesthetic surgery.
- Why being youthful is as much a product of your thoughts and feelings as your genetics.
- Reasons you can never start taking care of your appearance too early.

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