



Dermatologist Tested (Paperback)

By Rachael Morris-Jones

Austin Macauley Publishers, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Dr Rachael Morris-Jones, a dermatology consultant investigates. What causes skin/hair/nail disorders? Does eating chocolate give us acne spots? How can we prevent skin aging? Are self-tanning lotions really safe? What does Dermatologically Tested mean on product labels? Do skin-care products actually work? What causes our hair to change colour/fall out as we age? Do supplements really help to produce strong nails? Evidence-based analysis is used to explore the truth about skin, hair and nails, and separates the myths from the facts. This book includes; the effects of the sun on the skin; sunscreens; acne; eczema; dry skin and moisturisers; skin aging; scarring; hair growth and hair loss; nail changes; top tips for healthier skin/hair and nails; and DIY skin treatments.



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