



The New Natural: Your Ultimate Guide to Cutting-Edge Age Reversal

Neil Sadick

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From one of the most widely respected dermatologists and beauty innovators comes the most advanced guide for keeping?or attaining?a more youthful face and body without going under the knife.

Obvious face-lifts and Botox overload are passe, now that a new generation of fillers, laser treatments, and topical preparations are helping millions look younger and more natural for decades. Prominent dermatologist and cosmetic surgeon Dr. Neil Sadick explains how every woman, at any age, can have beautiful, healthy skin without a scalpel or surgery.

Starting off with the basics of skin care and damage-prevention we all need in our early adult years, Sadick highlights the most efficacious cosmetic products and discusses the best practices for preserving a glowing, youthful appearance. For older readers looking to maintain healthy skin and reverse damage caused by age and the environment, he reviews the various nonsurgical options available: from the modern day breakthrough of cell therapy to cosmeceuticals, fillers, and treatments for cellulite and hair loss. Throughout he recommends brand-name products and treatments for every budget.

User-friendly and backed by the latest science and technology, *The New Natural* is every adult's guide to the most advanced anti-aging protocol for achieving young, vibrant skin now and in the future.

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