



Skin Rules: Trade Secrets from a Top New York Dermatologist

By Debra Jaliman

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Skin Rules is a concise and practical instruction manual from a renowned Fifth Avenue dermatologist on how to attain beautiful skin, a taut and sculpted body, and a much younger appearance. Actors, models, and newscasters go to Dr. Jaliman for her cutting-edge technology and the latest in skin care, as well as for her reputation for being the "last stop" doctor, the one who fixes what others can't.

Skin Rules has something for everyone, no matter where they live or how much money they have to spend. This small, invaluable guide supplies the same advice Dr. Jaliman gives to her celebrity patients, from lasers to remove sun damage and turn back the clock to suggestions for simple products and habits anyone can adopt for a small outlay of time and money.

In *Skin Rules* readers will learn:

- about the one ingredient that should NEVER be in sunscreens, but often is
- how to use inexpensive Aquaphor to heal wounds and prevent scarring
- which drugstore products really work for acne and wrinkles

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Editorial Review

Review

“Debra is a goldmine of innovative tips and the latest theory, expertly separating fact from fiction. Readers will love getting to know her and her sage advice through the pages of her indispensable book.” *?makeup artist Trish McEvoy*

“I absolutely loved this very straightforward and informative guide to skin care. Dr. Jaliman provides excellent advice and tips on a wide variety of skin care topics from the best inexpensive products to describing the latest dermatological procedures.” *?actress Sela Ward*

“*Skin Rules* is not just filled with useful tips everybody can use to have better skin - it has brand new information I hadn't seen before. Great little book!” *?actress Vera Farmiga*

“Debra Jaliman's clear and comprehensive book on skin care is refreshingly accessible, and as expert as we all know that she herself is. She has generously included the names of numerous, readily available products to help with the regimes she prescribes, and of course she has her own superb line of products, too. The overall message is that with proper, educated care and Debra's guidance, we can all have healthy, beautiful skin. This book is terrific.” *?actress Ali McGraw*

“I love this book! And so will every other woman who cares about the way she looks. Dr. Debra Jaliman has turned out a real gem, full of detailed information about the best products to use and lots of other useful tips about beauty in general. She also talks about the use of Botox and all kinds of different fillers. I have a great English skin and have always looked after it, but even I learned so much more from this leading NY Doctor. For instance, I now know to take biotin every day to help my nails and hair. I'll never again go shopping for skin products without a Debra Jaliman list. *Skin Rules* is clearly and authoritatively written. It is precise, informative and fills a real need.” *?Barbara Taylor Bradford, author of Playing The Game*

“For years, glamorous New Yorkers have sought out Dr. Jaliman to look their best. This book has great, useful and fun information!” *?Jana Klauer, M.D., author of How the Rich Get Thin and The Park Avenue Nutritionist's Plan*

“All of my famous Hollywood clients go to Debra Jaliman to maintain their youthful appearance. She is down to earth and never kisses and tells. I love *Skin Rules*.” *?Susan Ciminelli, author of The Ciminelli Solution: A 7-Day Plan for Radiant Skin*

“If you care about your image, you should have Dr. Debra Jaliman on speed dial and a copy of *Skin Rules* always at hand.” *?Donny Deutsch, television personality, advertising executive and author of Often Wrong, Never in Doubt*

“*Skin Rules* - very informative and easy to understand. This book should be required reading for all adolescents and anyone with skin problems. I was fortunate to have parents that taught me the "cardinal" rule of clear skin. I love that one doesn't have to go to the dermatologist or buy expensive creams for every outbreak.” *?Katharine Ross, actress*

“What a remarkable book – accessible, helpful and to the point! Every woman should have it by her bed or at

her desk.” ?actress *Olympia Dukakis*

“Dr. Debra Jaliman has been my dermatologist for years. I can't say I look as pretty as she does --but I'm getting close. She's almost too good - for my own book cover, my publishers said I didn't look old enough in the photos. Thanks, Dr. J. You rule!” ?*Richard Kirshenbaum, author of Madboy: My Journey from Adboy to Adman*

About the Author

Debra Jaliman, M.D., has practiced dermatology in New York City for over twenty-five years, and also teaches dermatology at Mount Sinai Medical Center, where she is an attending physician. Her own best advertisement for her advice, Jaliman has appeared on a variety of local and national television shows, including *Good Morning America* and *Nightline*, to discuss her work. She lives in New York City.

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RULE #

ONE

Don't Waste Money on Expensive Cleansers—Spend It on Moisturizers, Sunscreens, and Antiaging Products Instead

Pricey skin-care lines usually include pricey cleansers, but the truth is some of the best cleansers I know are sold on drugstore shelves, so look there first. This is the advice I give to all my patients, even to the celebrities whose faces you see on magazine covers, who can certainly afford really, really expensive cleansers. “You're just washing money down the drain,” I tell them. It isn't worth it to spend a lot of money on cleansers. Believe me, you can put your money to better use.

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Users Review

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Elinor Russell:

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Arthur Pineda:

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Juan Crowe:

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