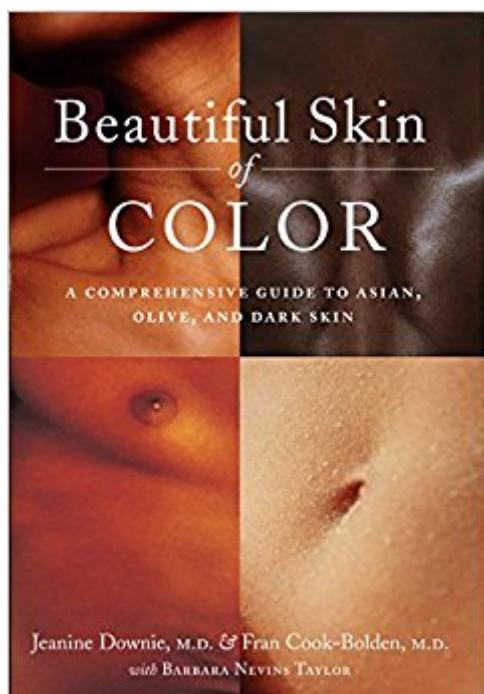


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# **Beautiful Skin Of Color: A Comprehensive Guide To Asian, Olive, And Dark Skin**



## Synopsis

It's a fact of DNA: If you can trace your roots back to Africa, Asia, the Caribbean, India, Latin America, the Mediterranean, the Middle East, the South Pacific, or any group of Native Americans, your genes react similarly to genes in the darkest skin. And chances are, you may have received confusing advice -- or no advice at all -- about how to care for your skin. Although nearly half the population of the United States shares the hallmarks of skin of color, many dermatologists and beauty consultants routinely prescribe remedies created for Caucasian skin without understanding how sensitive and easily damaged skin of color is. It's no wonder, then, that many women and men of color continually battle skin problems, and it takes a terrible toll on their self-esteem. Finally, *Beautiful Skin of Color* unlocks the particular secrets of your skin and provides the answers you've been searching for. Dr. Fran Cook-Bolden and Dr. Jeanine Downie, internationally recognized dermatologists and women of color, and Barbara Nevins Taylor, an award-winning reporter on skin and hair issues, offer clear, specific advice to help you achieve and maintain a healthy, gorgeous complexion. In a quick-reference, A-to-Z format, using examples drawn from personal and professional experience, Dr. Cook-Bolden and Dr. Downie explain why problems occur, and then prescribe reliable remedies and groundbreaking new procedures specifically created for skin of color. Throughout this comprehensive guide, the doctors show you how to work with your skin and hair -- and your dermatologist -- to create your own unique skin-management program. A long-overdue and much-needed resource, *Beautiful Skin of Color* is certain to help you look and feel your best.

## Book Information

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## Customer Reviews

Jeanine Downie, M.D., is director of Image Dermatology in Montclair, New Jersey, and is an assistant attending physician at Mountainside and Overlook Hospitals. In addition to traveling across the U.S. and in Europe and Asia as a leading lecturer on skin of color, she has appeared on The View, The Weekend Today Show, and Living It Up with Ali and Jack and in InStyle, Cosmopolitan, O, Essence, and other publications. She lives in West Orange, New Jersey. Fran Cook-Bolden, M.D., is a clinical assistant professor of dermatology at Columbia University, director of the Ethnic Skin Specialty Group, and has a private practice in New York City. She is an internationally recognized pioneer on the use of lasers in ethnic skin and provides cutting-edge research advice to the health and beauty industry. Her advice has appeared in Essence, YM, Honey, Lucky, Heart and Soul, and Black Men. She lives in Westchester County. Barbara Nevins Taylor is a ten-time Emmy Awardâ¢ winning investigative reporter for UPN 9 WWOR-TV in New York. She has won dozens of journalism awards, including a Laurel from the Columbia Journalism Review. She has written for the New York Times and other publications. She lives in New York City.

This is an excellent resource for learning about skin of color. It provides detailed information for almost any skin condition i.e. causes of skin disorders, remedies, length of expected results, product names for over-the-counter and prescription medicine, average cost of cosmetic procedures and side effects. As an African-American, I was amazed to learn facts about the specifics of my skin, like, laser skin resurfacing treatment is not recommended for keloid-prone skin and microdermabrasion is a gentler and safer treatment because layers of the skin are not rubbed off and no anesthetic is needed. Because the skin is gently "blasted" with particles during microdermabrasion, it can help fade dark marks with the use of hydroquinone products because this agent can seep deeper into the skin after dead skin has been removed. Included in this book is basic information that we all should know, especially about drinking plenty of water to hydrate the skin and using a humidifier to add moisture to the air. However, after reading this book, I was better informed about various skin conditions and how to treat my skin. The book contains information regarding acne, dry skin, botox, chemical peels, wrinkle fillers, cysts, dark circles, facial hair, sun protection (which is highly suggested throughout the book), stretch marks, hair loss, moles, laser treatments and tons of other skin conditions. I would definitely recommend this book to anyone searching for facts regarding delicate skin of color.

Book was in great condition: clean, dust cover in good repair, not faded or damaged in any way. Delivery was timely, way sooner than expected. And as for the book itself: Invaluable material for anyone interested in getting more knowledgeable about skin of color and how it should be treated. A great starter book for getting oriented to the difference in the range of skin types represented by the Fitzpatrick Scale. For the consumer, I think this book will give them more information on how to make better choices for their skin health. For the professional, I think it will help them get their head wrapped around this topic in some majorly meaningful ways. Just enough technical information for guidance, just enough layman's terms to make it relatable to every day people.

Had been to dermatologists in this area but was disappointed w/ the results. They had more to say about what couldn't be done and what wouldn't help vs what could be done and what could help my condition (atopic dermatitis). Being a person of color makes skin care tricky. Not all doctors keep up with the latest information. I was happy to find this book written by a dermatologist who could identify. I've purchased some of the over-the-counter products as a result & plan to ask my doctor abt one or more of the prescription meds mentioned. Thanks for the excellent information.

I ordered the book on Feb 5th and just received it today. The book looks brand new, no pen marks, or folds. This book is definitely worth more than the amount I paid for it (\$3.99 no shipping). I'm very grateful that I was able to get this book at this price and in such a excellent condition. I hope to order more books from this seller.

Arrived fast. Didn't realize that it was gonna be used from a library. But I'm fine with that. I'll post a update after done reading. :)

A waste of money.

I looked into this book because I'm olive skinned and my husband is dark skinned. It was completely useless. Each chapter starts off with the bare basics of this is why, a letter from x, y and z complaining about the chapter title and a dermatologist saying "I know what they mean. I have the same problem!". It then gives you some insanely simple answers. Acne? Wash your face and use over the counter face washes and creams. Didn't help? Really? Go to a doctor. I had high hopes but nothing helpful. Just use Google. It's actually more helpful.

Beautiful Skin of Color is a book written by Jeanine Downie, M.D. and Fran Cook-Bolden, M. D. with Barbara Nevins Taylor. It is a Comprehensive Guide to Asian, Olive and Dark Skin. The book has an A-Z reference format of ethnic and multiethnic skin conditions and problems. It addresses about 30 different skin conditions prone to Asian, Olive and Dark Skin. Each chapter ends with a section titled The Bottom Line that summarizes what was discussed or addressed in the chapter. Beautiful Skin of Color is written in a format that is easy to understand and the chapters are relatively short making it a fairly easy read. The information contained in the book is very informative and to the point. The information and advice given is sound and up to date. It is also news about groundbreaking "new procedures specifically for people of color." Beautiful Skin of Color points out the good and bad of the different remedies and products on the market for people of color. It also tells the truth about some of the conditions that were sort of a mystery. It lets you know if something can be cured or not. It shows you how to manage the problems and conditions that are incurable. It is a guide that explains the best way to care for Asian, Olive and Dark Skin as the skin can be very sensitive. It also points out some of the dangers of home remedies and products on the market that can cause more harm than good to ethnic skin. The Authors are in hope that this book will provide you with the tools you need to look your best. They realize the importance of feeling good about yourself and having healthy, nutrient and radiant rich skin. When you are comfortable in your own skin everything seems a little brighter and life is a little less stressful. And since we are concerned with the care and maintenance of ethnic skin; this book is right on target. It's not always about the outside. Sometimes it's just knowing that you are doing everything you can to ensure your skin is healthy and radiant regardless of blemishes problems or conditions of the skin. The chapters are arranged in sections. They start out with an introduction usually showcasing a specific request from someone who wrote in asking for help and advice. So the information is real time. After the introduction the next section is "Why it Happens." Then it goes into "Remedies" and explains the different procedures of what has or has not worked. After remedies they provide "A Doctor's Guide" where applicable; which explains the different kinds of medical and dermatological procedures available today along with new ground being broken for exploration of how to care for and treat skin of color. Along with the expert information and medical advice contained here an estimation of cost for the different procedures is also provided so you can have an idea of what it will take to treat the skin condition or problem. For example here is the estimated cost of Skin Rejuvenation by Laser \$300.00-\$1500.00, light, depending on the light used, is either \$400.00, \$1,000-1,500 and radio frequency \$1,000-2,500.00. Want to know more about these procedures and what they do? You'll have to read the book to find out. Here are Some of the conditions addressed in the book. Botox for ethnic skin,

Hair Care and Hair loss for both men and women, Tattoos and Chemical Peels. There is also a chapter on "Dangerous Products." These are products that can be very damaging to ethnic and multiethnic skin and not all products on the market for skin of color are safe to use. Beautiful Skin of Color is a powerhouse of critical information and advice for Asian, Olive and Dark Skin people who are concerned about how they manage their delicate and sensitive skin. It provides profound information and advice you need to make sound, safe and stable decisions about the care and treatment of Asian, Olive and Dark Skin. Beautiful Skin of Color is truly A Comprehensive Guide to Asian, Olive and Dark Skin

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