



Dr. Lancer's Anti-Aging Method: The Breakthrough 3-Step Program for Younger Looking Skin

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Renowned Beverly Hills dermatologist Dr. Harold Lancer is the expert on whom Hollywood's top celebrities rely to maintain their radiant complexions and to reverse the effects of aging. Now, he offers readers his groundbreaking, 3-Step Method to rejuvenate their skin at home. Based on years of clinical research, Dr. Lancer's regimen stimulates the skin's own transformative healing power for lasting results. He provides a road map to help readers navigate the mixed messages of today's dermatological advice, avoid expensive invasive treatments, and see through the empty promises of so many beauty products. He recommends the most effective skin care products for every budget from drugstores, department stores, and spas. He suggests surprising lifestyle choices in diet, exercise, and stress management that support beautiful skin. Whether the reader wants to maintain youthful skin or reverse the aging process, Dr. Lancer's Anti-Aging Method offers a comprehensive program for ageless, radiant skin.

Dr. Lancer's Anti-Aging Method: The Breakthrough 3-Step Program for Younger Looking Skin Details

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From Reader Review Dr. Lancer's Anti-Aging Method: The Breakthrough 3-Step Program for Younger Looking Skin for online ebook

Aimee says

I found this book to be really helpful. Lancer does a great job of explaining a skin care routine that is simple, fast, and can work on almost any budget. Lancer has his own skin care products that sound wonderful but are a bit expensive so I was thrilled to find a list of products Lancer includes that I should be able to buy. Lancer's suggestions for a skin care routine are pretty simple, a few minutes in the morning and at night, and he says that with this basic routine skin should start to look better in as little as a few days.

I was impressed with all of the information Lancer includes in the book and I will be trying out the products he recommends. There are also sections at the end of the book on diet, exercise, and extra things to add to the basic routine for special skin problems. If you are looking to keep your skin looking its best I would highly recommend this book. I know I am eager to try his suggestions and see how much it improves my skin!

Fani *loves angst* says

Dr Lancer is a famous dermatologist and in his book he prescribes his own method for healthy and younger skin.

The program starts simple enough, with 3 steps in the morning and 3 in the evening that's easy to follow. He even proposes products to use for cleansing & moisturizing that fall in every price range: expensive, average and affordable. I liked the fact that most of these products are widely available even in Europe, and are indeed affordable to anyone (Roc, Clinique and L'Oreal are included in many lists). I also liked the way he addressed various skin conditions like acne and sensitive skin, and explained what happens beneath the surface in those skin types.

Things got a bit more complicated when extra anti-aging ingredients were introduced in the program; I believe the time needed to apply all these creams and the complexity involved, are a bit of a put off for many working women. As for sensitive skins such as mine, using more than a couple of creams like he suggests (especially AHAs and Glucolic acids) I think is bound to create problems sooner rather than later, as personal experience has shown me.

I found his suggestions for handling stress and generally following a healthier lifestyle very interesting; there were a few very practical and simple suggestions that are easy to follow.

Most parts were very interesting and I liked the fact that he based his suggestions and proposals on scientific data. However, some parts were way too detailed and scientific for most readers.

Does the method work? I don't know yet, but Dr Lancer did convince me to buy a good scrub and start trying

it. I'll update with the results in a few days.

ARC provided by NetGalley

Subha Ganapathi says

An excellent book by Dr. Lancer. In her book 'Younger', Dr. Lancer makes us realize how often we neglect self-care, and the damages that it could cause in the long run. She proposes a method called 'Lancer Method' for reversing and renewing skin. Though the author has her own line of products, this book is not an advertising material for her products. She suggests products based on one's affordability. Her book is truly motivating and explanatory. A minor suggestion would be to add the 'Indian' genotype to the 'Lancer Ethnicity Scale' as most other countries had a reference to make, but the Indian skin type didn't. I loved this short yet detailed book.

Whitney says

Basically, exfoliate, cleanse, and moisturize - in that exact order. Also, stop eating processed foods. You're welcome.

Kim says

A lot of good information even though some products are out of date.

Sonia Reppe says

The author is a dermatologist to the stars in Beverly Hills so he knows what he's talking about. His 3-step program is based on daily exfoliation (and of course gentle cleansing and moisturizing). I learned some things. I need to cleanse my face in the morning *in addition* to nighttime because that will get rid of dead skin cells in order for my morning serum and moisturizer to work well. I have been reluctant to cleanse twice a day, thinking it would dry my skin, but I cleansed this morning and it's great, as long as you use a gentle cleanser and good moisturizer; it will actually help dry skin because the lotion can penetrate better. Also learned that I need to start including care of my neck in my daily skin-care regimen. Lancer says to cleanse it and exfoliate it every night and moisturize it. I have never exfoliated and serumed my neck but I am turning 37, so it's a good time to start!

He says to always wash your face after sweating, to make sure dirt and oil don't clog pores. Sweating from riding my bike is probably why I have some chin breakouts; it's especially bad to sweat while wearing make-up(foundation), which I try not to do but it's happened that I accidentally missed my bus and had to bike the 5 miles to work; in the nice weather when I plan to bike I should wash my face when I get to work and *then* put on make-up, instead of just making my face as soon as my sweat dries.

He goes over ingredients you want to look for in face products and gives some recommendations at a range of prices. I was happy to see L-Oreal in there because I like their products. In Jemma Kidd's book, she recommended Oil of Olay, which my mom likes.

I feel fortunate because there are so many good products out there right now. This science has come so far (just in time for me). Dr. Lancer acknowledges that there are many different skin types and you have to find products that work for you, but at any age you can improve your skin.

I've been trying a variety of products in the last year, (Clinique, Giorgio Armani, Sisley, L'Occitane, Skinceuticals, Aveeno, Eve Lom, CeraVe, Lancôme, Bliss) and it took a year but I've finally found my favorites, so I won't be ordering Dr. Lancer's products for now, even though they're probably great.

Kiss of a sniper says

There is nothing new in this book that you have maybe read elsewhere and a thousand times....

It seems as though the purpose of the book is to sell Dr. Lancer's products.....

Also: eat and sleep well and you will look younger and feel better *yawn*

I've learned most from reddit skincareaddiction and that is for free and have much more information on how to treat your skin.

Melissa Coltrane says

I actually skimmed thru the basics of this book because my friend had it and she is following the steps of this skin care method. She is 61 and has been doing this method for just over a month and I do see a noticeable difference in her skin.

Carolyn says

Interesting but my advice is to skip the book and buy his polish, cleanse and nourish. If it is too pricey buy the book to find out what he recommends as alternatives.

Gina says

A well-written book about caring for your skin -- inside and out. Dr. Lancer espouses a good program: caring for your skin by caring for your overall health.

There's the three-step Lancer Method, which is just a twist (and different nomenclature) of the standard cleanse, exfoliate, and moisturize. Dr. Lancer prescribes polish (exfoliate), cleanse, and nourish (moisturize) as the basic routine for your **entire** body.

In separate chapters, he discusses and outlines programs for acne, rosacea, and hardcore anti-aging. He

provides charts for a clear understanding of how to slowly and systematically introduce products into the basic Lancer Method. Dr. Lancer suggests products beyond his own line.

Additionally chapters -- and important parts of the overall Lancer Lifestyle -- are devoted to sleep, diet, and exercise. This Appendix is a quick briefing on mildly invasive procedures (lasers, dermabrasion, etc.) that can be pursued to enhance one's results from the following the Lancer Method and the Lancer Lifestyle. To Dr. Lancer, these techniques are *not* front line treatments.

Overall, this is a quick and informative read. I skipped the irrelevant chapters (acne, etc.). I already knew about the effects of proper diet, proper sleep, proper hydration, and exercise on the skin, but certain messages are worth repeating.

Lorraine says

Incredibly informative!

Raelene says

Was interesting. Good to know I'm on the right track with resorting my poor skins long term neglect & sun damage - hopefully it pays off?!

Andaru Cahya says

Dr. Harold Lancer gives detailed informations of your skin, from the skin structure to how lifestyle will mostly affect your skin condition. There are also part of acne and sensitive skin which make this book is suitable to everyone with different skin conditions. He suggested three simple steps to do every morning and evening to maintain the skin rejuvenation in non-invasive way.

What I love the most about this book is how the author gives you explanations of the topics and skincare products recommendations ranged from affordable to expensive; in every section. Reading this book feels like direct consultation with your physician. The brands recommended by Dr. Lancer are easy to find, so it wouldn't be a problem if you want to follow his regime when you lived outside the US.

This book is totally worth to read!
