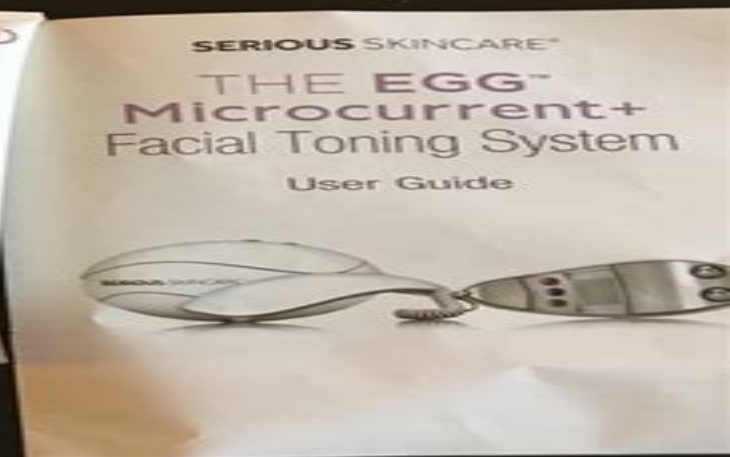




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Pearson,2025-09-15 What if skincare felt calm not chaotic My guide gives you an easy skin care system cleanse well treat with purpose moisturise properly and protect like you mean it I cover the real levers retinoids vitamin C acids niacinamide and the life phases that change everything periods pregnancy perimenopause and menopause Inside you ll find plain language explanations step by step playbooks and practical shopping cues so you can read a label like a grown up adapt to your climate and protect pigment without panic Instead of a drawer full of random bottles you ll have a plan

Microcurrent, Ultrasound, and LED Therapy in Cosmetic Dermatology & Skincare Practice Elena

Hernandez-Jimenez,2024-06-26 When people talk about aesthetic devices they primarily mean high energy technologies such as lasers intense pulsed light IPL high intensity focused ultrasound HIFU radio frequency RF etc but this unfairly overlooks low energy therapy Low energy devices referred to as cosmetic devices are the most widespread in skincare practice If you understand how they work they can be used to achieve aesthetic results that are just as significant as those produced by high energy devices We created this book to explain how the most popular non invasive skincare methods modern low energy microcurrent ultrasound US and light emitting diode LED therapy work In our book there are no duty words from leaflets which you can find in many manual guides for devices We have collected scientifically valid information about all these methods Only by understanding how they act can you achieve the best results We explain simply and in detail what electricity ultrasound US and light are and how they affect the skin We discuss which parameters are essential and which are just marketing claims We tell you what results can be achieved with microcurrent US therapy and peeling sonophoresis and LED therapy as well as what you should not expect from these approaches and what technologies they should be distinguished from In addition we cover the increasingly popular plasma therapy exposure of the skin to low temperature plasma so called cold plasma Everything you need to know about these devices and methods to understand them and perform effective treatments is in this book

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