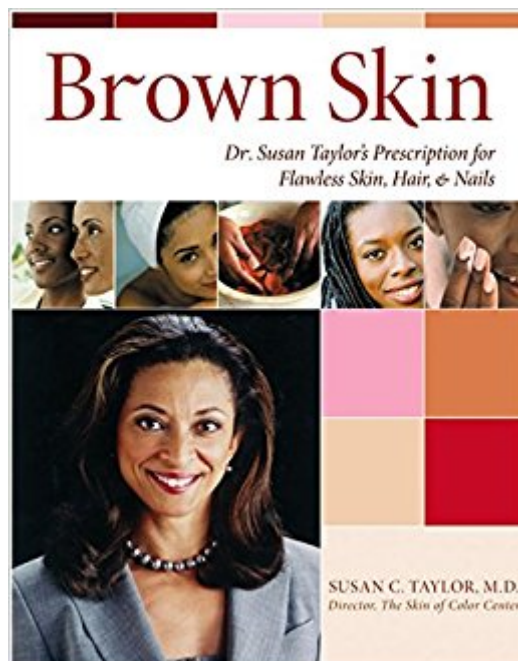




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Brown Skin: Dr. Susan Taylor's Prescription For Flawless Skin, Hair, And Nails



Synopsis

At last -- a book devoted to the concerns of people of color that will help you enhance and protect the health and beauty of your skin, hair, and nails. Dr. Susan Taylor, a Harvard-trained dermatologist and a beautiful woman of color, bases her advice on more than fifteen years' experience treating patients in private practice and at the first-of-its-kind Skin of Color Center in New York City, which she directs. Her quizzes, product recommendations, and patient-tested solutions provide information you can use today! She explains: What makes skin of color beautiful -- yet vulnerable: Melanin provides rich color and sun protection, but makes skin prone to scars and marks. Dr. Taylor shares cleansing, care, and cover-up techniques. Strategies for satin-smooth skin: Learn how to nip breakouts and rashes in the bud, avoiding discolorations. Scar Rx: From cuts to cosmetic surgery, Dr. Taylor explains how to prevent and camouflage disfiguring scars. Makeup made easy: Skin tones can vary on a woman's body. Dr. Taylor tells how to choose and use makeup for a perfect match year-round. Health help for hair: From short naturals to hot combs, chemical hair relaxers, braids, weaves, and locks, Dr. Taylor tells how to style hair safely to avoid damage, hair loss, and skin irritation -- whatever style readers choose. Skin cancer savvy: The danger signs are different in people of color. Dr. Taylor explains what to look for. Brown Skin offers comprehensive, culturally specific answers to help you look and feel your best, to recognize and prevent problems, and to get the right treatment for you and your family when needed.

Book Information

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Customer Reviews

“Taylor empowers the Black woman to look and feel beautiful.”

(--Ebony) “This is a wonderfully informative book. It should be bought by every woman of color.” (--Harriette Cole, author of *Jumping the Broom* and *Vows*)

Susan C. Taylor, M.D., a Harvard-trained physician and an internationally recognized expert on dermatology and ethnic skin issues, has appeared on the Today show, Weekend Today, and Good Morning America, and has been featured in O Magazine, Latina, and Essence. She is the founding director of the Skin of Color Center—the first of its kind in the nation—at St. Luke’s-Roosevelt Hospital Center in New York City, and maintains a private practice in Philadelphia.

Unfortunately most people do not understand that people of African decent have unique dermatological challenges that do not affect other races. Dr. Taylor has done a phenomenal job of both publicizing this and addressing things that we need to do to improve the health of our skin. I don’t agree with everything she says 100%, particularly as it relates to diet and acne, but she has done a better job of addressing dermatology for people of color than anyone else I have seen or read to date. In addition to really enjoying her book I travel from NYC to Philadelphia to receive treatment from her for a unique acne condition that predominantly affects black men (*Acne Keloidalis Nuchae*). Over the course of 15 years I have seen 3 Dermatologist and 2 Doctors who have told me that there is no way to treat it. To end a long story after one treatment from her and some topical ointments the condition is 97% gone! I give her business card to black men that I see on the street who have really severe baldness and razor bumps due to this condition. In summary: A great book; A great Doctor and something that all people of African decent should have in their library.

As a teenager, I had many issues with my skin, including excessively oily, acne, blackheads, whiteheads, large pores, and uneven skin tone. These of course were issues I battled throughout my youth. My mother spent countless of dollars on dermatologist’s suggested products that seemed to further irritate my skin. During my freshman year of college, I purchased this book and it literally changed my approach to dealing with my skin. Not only did it give me an actual plan for gorgeous skin, but it also provided treatments and gave clear details on their effectiveness for my issues. I’ve come a long way from someone who had very homely, unattractive skin to someone who receives compliments about my skin on a regular basis.

I did learn some things.

So helpful.... I learn a lot about how to care for my skin!

This book answered so many questions I have had about my skin. Things I never remember to ask a doctor and other things I have asked that they had no answers for me. Maybe it's because often times I represent a minority of their clientele so they don't care to or haven't taken the time to know. This book should serve you as a reference book, one you will turn to from time to time and one you will want to give to the women in your life. Your daughters, your mom and others. Thank you Dr. Taylor for being so thorough.

The book is very general not as detailed as I would have liked. The information could have been found on the Internet.

not very much new info alot of basic hair and skin care guide would have been more useful if she just posted the produts she preferred for her customer use....

This book is very informative when it comes to skin care for all types of skin. It has been very helpful in helping me to understand skin, hair and nail care.

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