



# Simple Skincare, Beautiful Skin: A Back-to-Basics Approach

*Ahmed Abdullah*



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Millions of individuals describe themselves as being confused about the steps necessary to improve the appearance of their skin. After all, the average consumer is regularly confronted with advertisements and recommendations for a dizzying array of skincare products, not to mention conflicting messages about the skincare practices that are most helpful. It's no wonder most individuals are unsure of what their skin needs; uncertainty that often leads to the implementation of regimens that do more harm than good.

In *Simple Skincare, Beautiful Skin: A Back-to-Basics Approach*, Dr. Ahmed Abdullah presents readers with the scientific facts related to skincare. By highlighting the most relevant pieces of information in an approachable manner, he intends to create an empowered consumer one capable of making smart choices about the products they use and the skincare practices they employ. After all, as Dr. Abdullah reminds readers throughout the book, beautiful skin can only be expected from healthy skin.

A board-certified plastic surgeon actively practicing in the United States and Dubai, and an internationally recognized aloe researcher, Dr. Abdullah has been promoting a back-to-basics approach to skincare for nearly 15 years through his practice, his skincare brand, and his skincare clinics. *Simple Skincare, Beautiful Skin: A Back-to-Basics Approach* represents a collection of some of his most effective advice.



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