

6 cosmetic procedures for men available over a lunch break

Shakespeare said clothing "oft proclaims the man." But for face and body, more and more men are using cosmetic dermatology, albeit without the fervor of their female counterparts.

* Facial wrinkles, sun spots

The fix: Clear+Brilliant "refreshes your skin from the inside out," says cosmetic dermatologist Paul Jarrod Frank, founder of 5th Avenue Dermatology Surgery and Laser Center.

The laser delivers heat within the skin, which triggers damage, then "subsequent replacement of damaged skin by microscopic exfoliation" via tiny scabs that eventually slough off. Post-treatment, skin looks red, as if a client has been in the sun, for a couple of hours and feels like sandpaper for a few days. Results can be seen after one treatment, but most dermatologists recommend four to five monthly treatments.

Frank says the procedure won't cause major swelling or scabbing.

Time: 10 minutes, in addition to 15 minutes of topical anesthesia/ numbing cream. Cost: \$600.