

The logo for VMAN, featuring the letters 'VMAN' in a bold, white, sans-serif font centered within a black rectangular background.

VMAN 35: THE SKIN YOU LIVE IN

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FROM VMAN 35, ON SALE NOW: THINK YOU DESERVE SPECIAL TREATMENT? PUT IN FACE TIME WITH THESE HIGH-TECH, STATE-OF-THE-ART SKIN SAVERS REVOLUTIONIZING THE GROOMING GAME NOW.

LED LIGHT

Skin pros have long looked to lasers to stimulate brand-new, spring-y skin. The downside? The downtime required to heal. Enter light-emitting diode (aka LED) treatments, which, like the name implies, emit colored light to turn back the clock, but without any harsh aftermath. Blue light is shown to help banish bacteria, making it ideal for keeping acne at bay. Red light can help reverse the telltale signs of aging. "LED red light is anti-inflammatory, reducing the environmental trauma that ticks the aging clock," explains Paul Jarrod Frank, M.D., a cosmetic dermatologist in NYC. Dermatologist Dendy Engelman is pro LED for her male clientele. "It has many benefits for skin rejuvenation: it penetrates the skin and increases circulation, which allows for enhanced blood flow and delivery of nutrients to the skin, while also increasing collagen and elastin production," she says. "And it's anti-aging, but without the cream." How it works: in the office, sit in front of a red light panel for 10 minutes once a week for a month. Or opt for an at-home version such as NuFace Facial Trainer Kit with the Trinity Wrinkle Reducer red LED attachment (\$429, beauty.com).

COLLAGEN

"Collagen and elastin fibers are the infrastructure in the second layer of skin that keeps it plumped up, and as we age, becomes diminished," explains dermatologist Francesca Fusco, M.D. Aggressors that can dramatically accelerate collagen degradation include the sun, smoking, and pollution. To get a boost of the necessary component of youthful skin, look to treatments that spur production (such as retinoid and peptides) as well as those laced with the ingredient. We like Innisfree Intensive Ampoule Mask (\$4 for one treatment, innisfreeworld.com), which contains collagen coupled with fermented soybean extracts. Increase levels from the inside out with foods that can help your body's collagen production naturally, such as those rich in omega-3 and -6 like wild salmon and nuts. For an extra shot at turning back the clock, take a daily collagen supplement, like BioSil ch-OSA Advanced Collagen Generator (\$29 for 60 capsules, iherb.com), or add a scoop of collagen-rich powder to your AM green juice—try Raw Complexions Skin Balance Beauty Food (\$35, raw-complexions.com.au).

NATURAL OILS

"Facial oils help restore the protective barrier of skin, which is important for men who regularly traumatize their facial skin with daily shaving," explains Dr. Frank. And while the word "oil" may procure visions of slicked-up skin, the opposite is true. Think about it: the reason a thick cream feels occlusive is because it is just that. But an oil, made of smaller particles, can seep into skin, leaving it hydrated yet soft to the touch. L.A.-based celebrity facialist Sonya Dakar says that reaching for a face oil like her Organic Omega Booster (\$52, sonyadarkarskinclinic.com) post-shave is non-negotiable. (And never, ever use an alcohol-based aftershave.) "You need to soothe the entire area with calming facial oil while skin is still slightly damp for maximum absorption," she says. Dr. Frank recommends it as a pre- and post-shave ritual. "Using a face oil before helps lubricate hair and skin to minimize trauma, while using it after reestablishes the protective barrier to skin." Try Kiehl's Since 1851 Daily Reviving Concentrate (\$46 for one ounce, bergdorfgoodman.com), Vintner's Daughter Active Botanical Serum (\$185, vintnersdaughter.com), or La Mer The Renewal Oil (\$240, bloomingdales.com). Give facial hair some TLC, too, with the almond, jojoba, and grape seed oil-based Tom Ford for Men Conditioning Beard Oil (\$50, tomford.com/beauty).

PRECIOUS METALS

At her Palo Alto spas, facialist Bella Schneider offers gold everything—from Caviar and Carat gilded facials (\$195) to Bella Schneider Beauty Golden Under-Eye Patches (\$30 for eight, labelledayspas.com), which contain .0001mm of the luxe metal. "My clients love the hydration and glamour that my gold facial provides," she says. That's because the natural mineral may have the ability to help skin hold onto moisture as well as slow down the degradation of collagen and elastin. Dakar's signature skin-renewing Diamond Peel Treatment (\$350 for a single session and \$2,100 for a series of six, sonyadarkarskinclinic.com) uses a diamond-dusted wand that sweeps over the skin. "The exfoliation causes cell division and stimulates fibroblast activity, which leads to collagen production and therefore firmer skin, as well as a decrease in the appearance of superficial photo-damage, fine lines, and shallow acne scars," says Dakar. Go for gold with our top picks: La Prairie Cellular Radiance Concentrate Pure Gold (\$645, laprairie.com), Peter Thomas Roth 24k Gold Pure Luxury Lift and Firm Hydra-Gel Eye Patches (\$75, peterthomasroth.com), and Forever Flawless Diamond Infused 24k Gold Serum (\$799, foreverflawless.com).

HAND BOTOX

Similar to how it can iron out wrinkles around your eyes and the furrowing between your brows, Botox can temporarily immobilize your sweat glands' ability to pump out moisture. As a result, many men are looking to the wrinkle reducer to give them a Sahara-like handshake. "Botox inhibits the release of sweat where it's injected, so it can be used to keep skin dry in the underarms, soles of the feet, and palms—without affecting sweat glands anywhere else on the body," explains Dr. Frank, who says that typically treating both hands costs around \$1,000 and lasts six months. Dr. Engelman notes that many men are opting to focus injections on their dominant hand only. "Approximately 50 injections are required per palm to completely deactivate the sweat glands for several months," she says.

CHARCOAL

Charcoal's stellar detoxifying power is cutting-edge in skincare, but it's been harnessed for decades to clear out unwanted impurities in everything from tap water to your intestinal tract, making it a staple in your Brita filter as well as the emergency room. Specifically, activated charcoal is carbon that's heated up to create porous holes in it that act like a Dyson for dirt, debris, and toxins. That's why it's now in products like Clinique For Men Sonic System Deep Cleansing Brush (\$90, clinique.com) and Dermalogica Charcoal Rescue Masque (\$46, dermalogica.com). "Activated charcoal has the ability to absorb one to two hundred times its weight in impurities, allowing it to effectively remove dead cells from the top layer of skin and leave the surface smooth and radiant," explains skin expert Ling Chan, who created a charcoal mask to finish off her Triple Peel Facial (\$265 at her namesake spa in NYC). "We hand-mix a fresh charcoal mask during the treatment, which naturally detoxifies sticky impurities and oil buildup, then use our Imperial Chinese Jade Roller to massage it into skin," she says.

CRYOTHERAPY

Cold plunges are nothing new—they're used in both ancient baths and NFL locker rooms—but the next generation is cryotherapy beauty treatments (cryo comes from a Greek word meaning icy cold). The Skintology Skin and Laser Center's 45-minute CryoCure Facial (\$155 at their NYC location) begins just like any other facial—with cleansing and massaging skin with cream (note: you will need to be facial hair-free). Next, their CryoWand gives the face, neck, and scalp an icy-blast of "controlled beam" vaporized liquid nitrogen. "You'll notice immediate tightness of the skin because of the vasoconstriction from being cooled, followed by vasodilation from warming up," explains Christopher Johnson, M.D., a plastic surgeon at the spa. He adds that it's particularly beneficial for men who are prone to inflammation from shaving. "The anti-inflammatory trigger response activates the skin to heal and repair itself, stimulates collagen production, improves blood flow, reduces pore size, and decreases wrinkles and fine lines over time," he says. After a few weekly sessions, "the activated collagen will produce even more cells, causing skin to become more elastic, and with continued use, the results are everlasting," he says.