

HOW TO LOOK LESS TIRED / 3 SUPPLEMENTS EVERY MAN NEEDS / LOW & SLOW GRILLING

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Look Less Tired

Aging can wreak havoc on your skin, but there are ways to keep your face looking young.

by JENNIFER GOLDSTEIN

YOU KNOW THAT IF YOU take the red-eye or close the bar, you're going to look the worse for wear the next morning. But what explains those days when you look drawn and tired despite a good night's sleep? In a nutshell: getting older.

As we age, cell turnover — the natural process by which skin cells die, slough off, and are replaced by new ones — begins to slow. The longer those skin cells stick around, the dingier they look, which dulls the complexion, says Paul Jarrod Frank, M.D., a dermatologist in New York City. What's more,

the skin under the eyes begins to thin, due to diminishing collagen. The result: darker under-eye circles and sagging skin.

Fortunately, there are products that can help you slow down the visible effects of aging. Below is a five-step regimen that, experts say, should show results in four to six weeks.

1. Look More Awake

Better circulation means a rosier complexion. So find a moisturizer with retinol or retinyl palmitate — vitamin A derivatives that improve blood flow, speed cell turnover, and boost collagen. Try Anthony High Performance Vitamin A Facial Treatment, which has retinyl palmitate. \$48; anthony.com

2. Brighten Your Smile

Stains between the teeth and near the gum line are often caused by plaque, which resists whitening strips and bleaching treatments. Livonex Dental Gel contains organic compounds that penetrate plaque film, resulting in brighter-looking teeth. Use it in place of regular toothpaste. \$20; livonexdental.com

INTENSIFY MOISTURE

Maintenance is all well and good, but for those mornings when you need to call out the big guns, apply Recipe for Men Under Eye Patches. The pads have algae extracts, which help hydrate the skin, reducing discoloration and puffiness. \$36 for 3 treatments; recipeformenusa.com



3. Revive Your Eyes

There's no more obvious sign of exhaustion than bloodshot eyes. The fastest fix is drops with vasoconstrictors, which narrow blood vessels, making your eyes appear whiter. (Most old-school drops are proven to be less effective.) Our pick: Rohto Cool Max Eye Drops. \$6; rohtoeyedrops.com

4. Get Rid of Dull Skin

Exfoliate three times a week with pads that contain glycolic acid, which dissolves the glue-like lipids that keep old, dull-looking skin cells anchored in place. Once that happens, the cells slough off, revealing the fresh skin beneath. Try Malin + Goetz Resurfacing Glycolic Pads. \$48; malinandgoetz.com

5. Attack Under-Eye Circles

The circles under your eyes are caused by leaky blood vessels and thinning skin. Every morning, apply a cream with peptides, which thicken skin by boosting collagen production, and vitamin K, which targets those leaky vessels. We like Cane + Austin Corrective Treatment Eye Cream. \$95; caneandaustin.com

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