

# PureWow

## 10 Anti-Pollution Beauty Treatments to Save Your Skin and Hair from the City

The city is alternately exciting, rewarding and infuriating. It's also hot, humid and dirty—and it can wreak havoc on your hair and skin.

“In the city, there is a lot more air pollution due to the subway, skyscrapers and overpopulation of vehicles and people,” says Edyta Jarosz, lead aesthetician at New York City’s [PFRANKMD Skin Salon](#). “Indoor air pollution, due to close proximity to smokers, cooking fuels and roads, can also cause skin aging.” Oof, we really have nowhere to hide.

The two factors that cause the greatest damage? Sun and smoke. “When air particles cause free-radical damage to cells, certain parts of our cells are not replaceable,” adds Jarosz. Air pollution may aggravate skin conditions such as acne and skin cancer, lead to premature skin aging and dark circles, worsen inflammatory skin diseases like eczema, acne and psoriasis, and leave you with generally dull, lifeless skin.

So what's a city dweller to do, short of moving off the grid to a remote cabin in Vermont? Check out these specially formulated anti-pollution beauty treatments and products that protect, heal and shield stressed skin and parched strands.



### **SUPERGOOP CITY SUNSCREEN**

This multi-action sun-barring moisturizer was practically made with busy, on-the-go New Yorkers in mind. Enriched with vitamins E and B5 plus other skin-conditioning agents, it's formulated to “hydrate, repair and protect the skin not only against UVA and UVB rays but also against environmental stressors like pollution,” says Supergoop founder Holly Thaggard.



### **PAUL LABRECQUE SALON AND SPA MINT MENTHOL SCALP REVITALIZER**

This treatment, offered by the long-standing Upper East Side salon, was made for detoxifying the city elements and giving your scalp a much-needed vacation. A therapeutic eucalyptus menthol mask treatment and head massage relieves a dry, itchy scalp while deeply cleansing, improving scalp circulation and removing excess oil. Pair it with the Lemongrass Deep Conditioning treatment at the salon to improve suppleness and shine and to reinforce the hair cuticle barrier against smoke and smog. An [at-home](#) version is also available.