

Saving Face

TAKING CARE OF YOUR SKIN MEANS MORE THAN WASHING WITH SOAP OR SLAPPING ON SUNSCREEN. HERE'S HOW TO PROTECT THE BODY'S BIGGEST ORGAN. *by ELLEN TIEN*

FOUR WAYS A MAN'S FACE AGES

SKIN COLOR

As you get older, your skin cells don't turn over as rapidly, while the blood flow to your skin changes, causing cells to become irregular and your face to look sallow and dull.

SOLUTION Exfoliate and moisturize. For one-step ease, use a moisturizer with retin-A or glycolic acid, both exfoliating ingredients, at night. Or try a face scrub in the shower in the morning.

TRY L'Occitane Cade Juniper Bark Scrub (\$17); Colbert MD Stimulate Serum (\$135)

BROWN SPOTS

"Once you hit your 40s, past sun exposure comes back to haunt you," Brandt says. "Men are less careful with sunscreen, so their faces bear more brown spots and broken capillaries." **SOLUTION** Hello, sunscreen? Wear it. Brandt also recommends moisturizer with a lightening agent like kojic acid or licorice.

TRY OM4 Warm Sands Botanical Youth Serum (\$45); Dr. Brandt Light Years Away Whitening Cleanser (\$45)

WRINKLES

Wrinkles start to wreak havoc in your 40s. "The density of elastic fibers that maintain skin's tautness begins to reduce, and it shows," says Dr. Fredric Brandt, a Manhattan dermatologist. **SOLUTION**

Use a light exfoliating moisturizer cream with peptides or retin-A at night to help reduce fine lines. Deep creases like forehead lines are there to stay. **TRY** AKMD Retinol Night Repair (\$74); Origins Plantscription (\$55)

JOWLS

The skin around a guy's jowls is the first to go. "The epidermis thins with age," says Brandt, which means sagging jowls and laxity in the neck.

SOLUTION Prophylactic measures are your best bet (once a sagger, always a sagger). A moisturizer with retin-A stimulates collagen to make skin look plumper and younger, as do creams with peptides.

TRY Rx Skin Therapy Retinol Complex DS (\$58); AKMD Hydrating Peptide Gel (\$70)

