

45 WAYS TO LOOK YOUNGER NOW

MEN'S JOURNAL

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A GENTLEMAN'S GUIDE TO GETTING WORK DONE

Not all nips/tucks are deplorable. Here, a trio of worthwhile procedures — and three to avoid.

CONSIDER

Kybella for a double chin

This injection destroys pooling fat cells, says New York City dermatologist Adam Geyer; typically two or three injections (at about \$1,200 each) are required. The upshot: It takes less than an hour.

Lasers for bad skin

Laser therapy can treat sun spots, enlarged pores, old acne scars, and more, Geyer says. A full-face treatment (\$800 and up) takes less than an hour, and redness and swelling go away in days. Results can last decades if you get several treatments a few weeks apart.

Botox for wrinkles

For smoothing creases, there's nothing better. Caveats: It runs upwards of \$300 a visit, and you'll need injections every six months to maintain results. (See one man's case for the procedure, below.)

SKIP

CoolSculpting

The procedure, which freezes fat cells, isn't as gut-altering as it's made out to be.

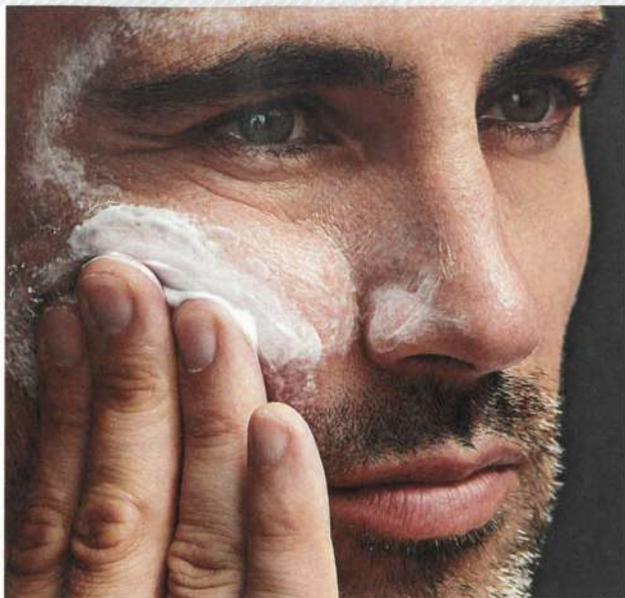
"CoolSculpting can remove only about one centimeter of fat, and it's designed only for specific spots, like love handles," says New York City dermatologist Paul Jarrod Frank. In other words, if you have extra meat all over, you won't notice much.

Cosmetic tattooing

A real thing many men do. A practitioner tattoos the skin at the scalp with a fine needle to portray thicker hair. "I have had several patients come in who've had cosmetic tattooing to cover up hair loss," says Geyer. "But look closely in bright lighting and you can see the pattern of dots that have been placed."

Lip filler

Two words: Mickey Rourke.



HOW TO LOSE 10 YEARS

1. KEEP HAIR SHORT

Tell a barber you want it "sharp and clean with modern lines," says stylist Jon Reyman, owner of Spoke & Weal salons nationwide. Crop even thinning hair close, Reyman says, instead of trying to hide scarcity with length. "Thinning hair looks old and wizardly if you let it get unkempt," he says.

2. TRIM EAR AND NOSE HAIRS

It's not your imagination — these spots sprout more hair in middle age, says NYC dermatologist Adam Geyer. (There's no clear answer why; it may be linked to lower testosterone levels.) Use an electric nose and ear trimmer weekly. It's quicker and less painful than tweezing.

3. RETHINK FACIAL HAIR

It ages you several years compared with going clean-shaven, according to a 2012 *Behavioral Ecology* study. If you won't part with a beard or mustache, then make sure to use a beard oil. Facial hair gets coarser and drier with age, says Chris Salgado, author of grooming guide *Man-*

made, but a few drops of oil will moisturize strands.

4. SNIP BROWS

"Scraggly, bushy brows make you look tired," says Salgado. That's shorthand for *old* (or Andy Rooney). Brush eyebrows up with a comb, then trim across the top edge with small scissors.

5. AVOID OLD-MAN COLOGNE

Hallmark scents of the '60s and '70s — peppery, floral carnation (Old Spice Original), musty oak-moss (Brut) — along with notes like leather and spice all smell dated now. Try a fresh citrus or herbal scent like Lacoste's L.12.12 Yellow (\$58) or Hugo Man Extreme by Hugo Boss (\$62).

6. WEAR SUNSCREEN

Everything you've heard about the sun aging you? It's true. Get a daily moisturizer with SPF 30. Better still, "research indicates it may act as an antiager, improving skin texture and tone over time," says Steven Q. Wang, a dermatologist at Memorial Sloan-Kettering Cancer Center.

ADVICE FROM THE AGELESS



"WHEN IN DOUBT, STRAIGHTEN YOUR SPINE AND THROW YOUR SHOULDERS BACK. THE BETTER YOUR POSTURE, THE BETTER YOU LOOK."

—TIM GUNN, 63, STYLE CONSULTANT

"WHY I GET BOTOX"

"Ten years ago, I lost 27 pounds, including a lot of volume in my face, which made me look old. A dermatologist suggested Botox around my eyes and forehead. At the time I had four-year-old twins who kept me up nights, and after the treatment, I felt like I didn't look as tired. Clients said I looked refreshed, too. But upkeep was a commitment, and I fell off the wagon. Six months ago, my kids got bar mitzvah, and I knew there would be a lot of photos, so I got it done again. My goal isn't to have zero lines on my face. I want to look real — but better." — Michael Ruff, 58, vice-president of sales for a women's apparel company