

WINTER

# NEW YOU

THE VOICE OF BEAUTY AND ANTI-AGING

**225+**  
**AGE-DEFYING**  
**SECRETS**

MEET THE  
ENIGMATIC  
**GIANNI**  
**BULGARI**

LIFT YOUR  
WAY TO A  
**FAB NEW**  
**PHYSIQUE**

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POWER OF  
**STEM CELLS**

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LIVES ON

SIZZLING  
**SEX PLAY**

**BIGGEST**  
**LOSER'S**  
WINNING  
FORMULA

BROOKE  
SHIELDS

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"IT'S MY TURN"

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DISPLAY UNTIL 02/15/15

# men's news

GUYS, IT'S TIME TO INVEST IN YOUR WELL-BEING

## THE SKIN CROWD

Combat the effects of hours by the fire with cosmetic dermatologist Dr. Paul Jarrod Frank ([pfrankmd.com](http://pfrankmd.com)), of New York's 5th Avenue Dermatology Surgery & Laser Center.

**NEW YOU:** How can guys keep skin feeling great in winter?

**DR. PAUL JARROD FRANK:**

Start out using one or two products that target your skin concerns rather than overdoing it with too many. A healthy lifestyle is also important. The reduction of sugar, dairy, and carbohydrates—bread and wheat products—will influence aging.

**NY:** What should a guy do to keep a great complexion?

**DR. FRANK:** I recommend Lab Series products. Their Age Rescue + Water-Charged Gel Cream is ideal for extra hydration in winter months.

**NY:** What technologies are exciting on the market?

**DR. FRANK:** The new LightSheer DESIRE Laser for hair removal—rapid and painless. Chest, back, and shoulders are the most common areas treated.

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THE PERCENTAGE INCREASE  
IN COSMETIC PROCEDURES FOR  
MEN SINCE 1997.

SOURCE: AMERICAN SOCIETY FOR  
AESTHETIC PLASTIC SURGERY

## FROM DAVE'S LIPS TO YOUR SIPS

Couples everywhere owe their most sincere heavy petting to crooner Dave Matthews. These days, he and veteran Sonoma, California winemaker Steve Reeder are livening up holiday gift season with The Dreaming Tree, a quartet of memorable, responsibly packaged wines—Chardonnay, Cabernet Sauvignon, "Everyday" white, and the red blend "Crush" (\$15 a bottle, [dreamingtreewines.com](http://dreamingtreewines.com)).

## Styling in Swing Town

From Paul Newman to Prince William, tennis is the obsession of the world's most stylish fellows. Now, Lacoste is helping New Yorkers maximize their court time with the LACOSTE City Tennis app (free, iTunes and Google Play). Zero in on free courts, connect with players of a similar skill level, and shop a bit along the way. Expect rollouts to Miami and Los Angeles in the coming year. Love, love.



## Along Came a Spyder

For a truly stylish warm-up jacket that breathes when you're really pushing yourself and keeps you comfy when you're kicking back, Spyder's newest fleece zip-fronts (\$130, [spyder.com](http://spyder.com)) are light as a feather, super flattering, and lend themselves to your ever-improving silhouette.

## MY LEFT FOOT

We all need proper support, and that includes arch support. Yet fashionable fellows don't have to resort to sneakers seven days a week to get proper comfort... not when the Left Shoe Company employs 3-D scans of your foot and applies your specific measurements to a host of handsome, bespoke styles. From loafers to derbies to Oxfords, these high-end shoes (\$395-\$3,500, [us.leftshoecompany.com](http://us.leftshoecompany.com)) are handmade in Portugal to fit like a glove, lending themselves beautifully to any guy's style-forward wardrobe.

