



REFINERY29

How Top Dermatologists Take Care Of Their Own Skin

Who:

[Paul Jarrod Frank, MD](#), is the Global Dermatologist and Technology Expert for [Lab Series Skincare for Men](#), as well as the founder and director of Fifth Avenue Dermatology Surgery and Laser Center.



A.M. Routine:

Dr. Frank starts his morning with the [Lab Series Multi-Action Face Wash](#). "I like the way it helps soften my facial hair before I shave, while simultaneously cleansing the skin and exfoliating dead skin cells," he said. He immediately follows up with the [Lab Series Age Rescue + Water-Charged Gel Cream](#). "This helps to repair, renew, and reenergize skin for a smoother, younger-looking appearance," he said. Finally, two to three times a week he'll use the [Tom Ford for Men Bronzing Gel](#) to add some natural-looking color to the skin. "I like to use a touch of this, especially during winter months when skin can look dull and gray after months of cold weather."



P.M. Routine:

Dr. Frank jumpstarts his nightly routine with the [Lab Series MAX LS Daily Renewing Cleanser](#), which cleans without disturbing the moisture barrier or pH balance. "I love this cleanser because it reinvigorates skin with its oxygenating action and delivers an instant, refreshing sensation that feels great at the end of the day," he said. He then substitutes his morning moisturizer for the [Lab Series MAX LS Age-Less Power V Lifting Cream](#), which he says targets the jawline for a tighter, more lifted look. "It boosts moisture in the skin, repairs the look of fine lines, and supports natural collagen, among other things," he said. Finally, he applies the [Lab Series MAX LS Instant Eye Lift](#), which fades lines, wrinkles, and crow's feet.

