



# The Best Anti-Pollution Skincare Treatments Every Guy Should Try This Summer



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The changing environment can have devastating effects on your skin like premature aging to breakouts. We talked to a dermatologist to find the best tips and best products to protect ourselves.

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Your skin is your body's first defense against the world around you, but that means environmental factors like pollution and **harsh UV rays** can have devastating effects, from premature aging to long-term damage at the molecular level. As rapidly changing climates wreak havoc on our world, our skin feels the effects too. But if we can't exactly stop climate change, we might as well be ready for it and that's where your **skincare routine** comes in. So how do we protect ourselves?

We spoke with Dr. Paul Jarrod Frank, cosmetic dermatologist and founder of skincare line **PFRANKMD**, to get some advice on how to put our best face forward while we prepare for the worst. The most important thing is to protect yourself against free radicals (basically all the bad stuff your skin comes in contact with every day that can cause damage on a molecular level). One of the best ways he knows to fight off free radicals is by using topical antioxidants. “Antioxidants are a group of beneficial nutrients like vitamins, minerals, and enzymes – molecules that are capable of slowing or preventing the oxidation of other molecules.” And that’s not all. “Factors like UV light, environmental pollution, diet, and climate change can affect your skin’s pH,” he says, which in men can manifest as oiliness, due to our thicker skin and more active sebaceous glands. You may step out in the morning fresh-faced and feeling good, then end up an greasy mess by noon.

To help navigate through balmy winters and superstorm summers, you need to build up your skin’s natural defenses. Here are the best products to help your face fend off unwanted invaders.



## Perricone MD Super Clean Face Wash

\$35, Perricone MD

[BUY NOW](#)

If you really want to protect your face from pollutants, step one is to wash it. Use a cleanser like this one which is powered by the antioxidant-rich phytocannabinoids derived from the cannabis plant, which just happens to be even more powerful than Vitamin C and E (both classic players in the fight against free radicals). Add to that citric acid to clean, aloe to soften, and oat to soothe, and you have a face wash that provides a great clean without over drying. Cleaner skin leads to better absorption of products, which leads to better efficacy, which leads to healthier skin.



## The Ordinary Resveratrol 3% + Ferulic Acid 3% Serum

\$15, Amazon

[BUY NOW](#)

Harmful rays and pollution come at our skin all day, every day and it takes some big guns to fight them off before they wreak havoc.

Resveratrol is a strong natural antioxidant that reduces pigmentation and protects the skin from further free radical damage while ferulic acid helps the absorption of vitamins C and E. Serums like this one are super concentrated and work by penetrating the deepest layers of the skin. Using these as the first step after cleansing means you're establishing a base layer of defense.



## Dermalogica Barrier Defense Booster

\$75, Derm Store

[BUY NOW](#)

As the name suggests, your skin has a natural barrier that acts as it's defense against the environment. "Building up the skin's outer barrier will always benefit it's appearance," Frank explains. "When the skin's barrier is compromised from weather changes, the skin becomes more sensitive to external factors such as UV rays." Give your face a fighting chance by using this concentrated oil booster. All you need is a few drops alone, or added to your aftershave or moisturizer, and you'll help reinforce your skin barrier and soothing any irritation while you're at it. Because nobody ever asks for *more* irritation.



## Malin+Goetz Detox Face Mask

\$46, Malin+Goetz

[BUY NOW](#)

Those pesky pores of yours like to soak up every toxin they can so they need a deep clean every now and then. Using this oxygenating detox mask from Malin+Goetz allows you get rid of dirt and oil from deep down while also hydrating and balancing your skin's pH. Balanced skin with clean pores is more resilient and will be less sensitive to environmental stressors. Use a couple times a week instead of your cleanser helps keep your skin free of residual grit and grime.



## Royal Fern Phytoactive Anti-Aging Eye Cream

\$190, Space NK

[BUY NOW](#)

Ferns have survived everything Mother Earth – and her inhabitants – have thrown at them. But this fern, *Blechnum orientale* Lin, isn't the same as the one on your windowsill. It has been harvested for centuries because for its antioxidant, anticancer, and antibacterial properties. As the foundation of every Royal Fern product, these fronds protect the delicate skin around your eyes as well as provide a de-puffing effect. At the rate things are going, this eye cream may just outlast us all.





## CeraVe Sunscreen Face Lotion SPF 50

\$11. Amazon

[BUY NOW](#)

**NASA studies show** the sun's rays have gotten stronger, so you better be wearing your sunscreen every single day. “Regardless of the temperature or climate, you should always look for a product with SPF for the day. Look for one that says 'Broad Spectrum' which means UVB and UVA coverage and SPF 30 or above,” says Dr. Frank. This CeraVe sunscreen face lotion has the super protection of an SPF 50, so it's high enough to keep you covered, but lightweight, oil-free, and maybe most important of all, not chalky – all ideal qualities for men's skin.



## REN Flash Defense Anti-Pollution Mist

\$38, REN Skincare

[BUY NOW](#)

A face mist is portable, easy to use and perfect for your go-bag. It's as easy as spraying your face a couple times, and boom -- you have an instant layer of protection. By bonding water to the skin's surface "anti-pollution mists serve as a barrier between the skin and the environment," Dr. Frank tells us. Zinc and Amino Acids protect skin from even more stress while the polyphenol quercetin stimulates skin repair. Use it anytime you feel your skin in need of an added boost of defense -- at the office, on the airplane, in the subway.