

# FACE WINTER LIKE A MAN

When the temperature drops, a fellow's wardrobe isn't the only thing that requires a seasonal overhaul: His dopp kit needs one, too. Bracing for colder weather, Cameron Williamson hunts down five essential products to protect a guy's mug against the elements



## HIT THE SPOTS

Women have been using brightening products to treat hyperpigmentation, a.k.a. uneven skin tone, for years. But only recently have grooming companies started to offer men their own face serums and lotions to obliterate the dark spots from all that summer sun exposure.

Unfortunately, many such products contain hydroquinone, which may be effective, but can irritate the skin and is also a suspected carcinogen. Instead, look for a product that targets spots with salicylic acid and concentrated vitamin C.

**TRY:** Clinique Skin Supplies for Men Dark Spot Corrector, \$63 at Clinique counters across the country.

## MIND YOUR STUBBLE

Any man growing his whiskers for Movember will find inspiration in the new book *One Thousand Mustaches: A Cultural History of the Mo*. In it, author Allan Peterkin encourages men to experiment with facial hair – with a few caveats: “The Hitler remains taboo for obvious reasons,” he notes. And should you opt for a Fu Manchu or Dali, “be prepared for ribbing.” No matter the style, maintenance is simple: Wash it daily with soap and water. Trim it with pointed scissors, using a comb as a guide and cutting from the centre towards each corner. Keep it neat with a dab of moustache wax (and don't twirl the ends unless you want to be mistaken for Snidely Whiplash).

**TRY:** Capt. Fawcett's Ylang Ylang Moustache Wax, \$17 through [www.shopmasc.com](http://www.shopmasc.com).

## WATCH YOUR MOUTH

Come winter, your kisser needs attention because, unlike the rest of the body, lips don't contain temperature-regulating sweat glands or even very many oil-producing sebaceous glands, making them susceptible to chapping when the air is cold and dry. Keep them protected by using a balm with skin-soothing ingredients such as chamomile and vitamin E. Just make sure the product's finish is matte, not shiny – looking like you just put back a rack of ribs is never a good thing.

**TRY:** Jack Black Intense Therapy Lip Balm SPF 25 with Lemon & Chamomile, \$9 through [www.shopmasc.com](http://www.shopmasc.com).

## DON'T FLAKE OUT

Reaching for a tube of moisturizer at the first sight of scaly skin may seem like a no-brainer, but it isn't always the right choice. “First you need to get rid of the dead skin causing the problem,” advises Brian Lisicky, an aesthetician who works at Ottawa's Bode Medi-Wellness Spa for Men. Instead of a grainy scrub that could damage the epidermis, Lisicky prefers a gentle exfoliator, such as one made with glycolic acid. “It's excellent at stimulating collagen production and correcting the appearance of sun-damaged skin,” he says, but warns that it can cause irritation. Use an acid on the face no more than a few times a week and wear an SPF during the day since exfoliated skin is more sensitive to the sun.

**TRY:** Malin+Goetz 10% Glycolic Acid Pads, \$48 through [www.malinandgoetz.com](http://www.malinandgoetz.com).

## LOCK IN MOISTURE

In cold weather, humidity drops, causing skin's moisture to evaporate. In addition to daily moisturizer, Stephen Mulholland, a cosmetic plastic surgeon and the owner of SpaMedica in Toronto, recommends using a product containing hyaluronic acid, a natural humectant capable of attracting and retaining 1,000 times its own weight in water.

**TRY:** SkinCeuticals Hydrating B5 Gel, \$78 through select medical spas across Canada (for locations, visit [www.skinceuticals.com/canada](http://www.skinceuticals.com/canada)).