

Buff Your Image

Your skin is old and dry on the outside. Eliminate this layer, and you'll look younger instantly.

A BASIC CLEANSER AND A WARM shave—that's how the typical guy maintains his face. And it shows. Lifeless, blotchy, or otherwise old-looking skin is often just the result of lazy grooming. The solution is simple: Add exfoliation to that routine of yours. "Exfoliation is like exercise for your skin," says Kenneth Beer, M.D., a dermatologist based in West Palm Beach, Florida. "It buffs away dead cells to make you look healthier." It also decreases bumps and blemishes, helps you achieve a closer shave, and improves your skin's ability to absorb moisturizers and sunblock. Is exfoliation something the typical guy could get used to? We asked a panel of skeptical men to test our four favorite products.



1 The Power Tool

The Clarisonic is simply a buffer for your face. The soft antibacterial brush oscillates more than 300 times a second to slough away outer skin cells. It's waterproof, so it can live on a shelf in your shower, and rechargeable, so you'll never have to buy batteries. Clarisonic Mia, \$125, clarisonic.com

TESTER'S TAKE "It's wildly efficient and works the same way an electric toothbrush does on your teeth."



2 The Chemical Peel

The 20-minute mask uses glycolic acid to dissolve away your outermost layer of skin. It also helps boost collagen production, which can smooth out wrinkles, says Whitney Bowe, M.D., a dermatologist based in New York City. Malin+Goetz 10% Glycolic Acid Pads, \$48, malinangoetz.com

TESTER'S TAKE "My face was irritated until I cut back to twice a week. That felt better, and I noticed clearer skin."



3 The Nature Scrub

A cleanser with rough particles is best for preventing razor bumps. Why? "It helps the blade skim the surface evenly," Dr. Beer says. This formulation exfoliates with apricot shells and has caffeine and menthol to stimulate and add color. Kiehl's Facial Fuel Energizing Scrub, \$20, kiehls.com

TESTER'S TAKE "The menthol is really refreshing and made me feel clean. I'll probably keep using this."



4 The Triple Blast

Kaolin clay removes debris, volcanic ash scrubs away dead cells, and glycolic acid loosens the stuff that's not quite ready to go. Consider it a daily wash, preshave scrub, and deep-cleansing mask all in one. Jack Black Deep Dive Glycolic Facial Cleanser, \$20, getjackblack.com

TESTER'S TAKE "It's really easy to use, and after a few days, my skin was feeling smoother and less oily."

IS THERE AN ARMADILLO IN THIS BED?

Save your girl from your scaly knees, heels, and elbows: Wait until after a warm shower and smooth them with a soft bath brush and one of the glycolic acid products on this page, says dermatologist Kenneth Beer, M.D. But go easy: "Men think they can grind dead skin away, but that makes it worse," he says.