

AMBER HEARD: ACTRESS, GUN-TOTING LESBIAN, INTELLECTUAL

SHARP

LOOK BETTER • FEEL BETTER • KNOW MORE

Johnny Depp's

*Weird,
Wild,
Wonderful
World*

WIN RIMOWA LUGGAGE AND A DANIER LEATHER BOMBER JACKET

WHAT TO WEAR
THIS WINTER

23
PAGES
OF

OVERCOATS,
RAIN GEAR,
WORKWEAR
AND SWEATERS

MAN FOOD:
THE BEST BURGERS
IN CANADA—DONE
WELL, NOT WELL
DONE

**GROOMING
GUIDE:**
99 EASY WAYS TO
LOOK AND FEEL
BETTER THAN EVER



**TOP MEN'S
SHOPS IN NYC**

VIVA LA REVOLUCIÓN! CUBA, BASEBALL AND A NEW REVOLT

refreshed, and blemish-free. You use MenScience Facial Cleansing Mask (\$35) or Baxter of California Clay Mask¹⁶ (\$20). The former absorbs oil and provides green tea as an age-fighting antioxidant, the latter heals and moisturizes with aloe and avocado oil.

Moisturizer: Perhaps most importantly, during the day, you protect your face with both an energizing moisturizer, like Hydrix Micro-Nutrient Moisturizing Balm by Lancome Men (\$45), which, among a plethora of other ingredients, has shea butter to moisturize and artemia extract to protect the skin, and a sun-fighting day cream, like the Advanced Marine Biology Day Cream by La Prairie Switzerland¹⁷ (\$175).

Serum: At night, you break out the age-fighting weaponry, like TNS Essential Serum by Skin Medica¹⁸ (\$260) or Anti-Age Global Revitalizer by Sisleyum (\$230), which are top-of-the-line, packed with natural ingredients, and clinically proven to be nearly miraculous, though anything with retinol will help.

Shaving Oil: The more advanced groomer you

are, the fewer blades you use; therefore every week—because it is time consuming—you shave yourself with a straight razor (or visit your barber, who does it for you). It can take up to 200 shaves with a straight razor to achieve proficiency (start off practicing on a balloon to avoid mishaps), but when mastered, the straight-razor shave is the closest a man can experience. For a straight razor shave, use a shaving oil. It provides necessary lubrication and protection, and limits the need for aftershave lotion. Cromwell & Cruthers Shaving Oil, \$10.

Styptic Pencil: Until you gain the surgical steadiness to use a straight razor (not to mention the various accessories necessary—the hone for sharpening and the strop for keeping the blade aligned), find a good styptic pencil. Vie-Long (\$10) is the best; it uses a natural alum that's a powerful astringent to seal the skin and stop bleeding.

Body and Hands

You know that a man is judged by a handshake just as readily as he's judged by his haircut. Keeping your hands soft is impor-

tant. We're not talking baby soft—your hands shouldn't veer into feminine territory—but dry, flaky skin is even worse.

Moisturizer: Dermalogica Multivitamin Hand and Nail Treatment¹⁹ (\$25) is simply the best we've tried: thick enough for seriously dry skin, unscented, and fortified with vitamins and botanicals for extra conditioning power.

PRODUCTS



A word on SNAKE OIL

With Help from Dr. Devindra Singh, dermatologist

Like any industry that relies on selling both the problem and the cure, the world of men's grooming has its share of trendy, fad, and bullshit ingredients that are said to be miracles. Over the years, tea tree oil has been added into everything from hand creams to shampoos. It's natural, so it must be good! Also, it tingles. But, aside from smelling nice and being a good natural anti-bacterial salve, it's not worth the hype. In fact, more people react negatively to it than other natural ingredients. But tea tree oil has nothing on Vitamin E, the latest cure-all skin-gredient. It keeps skin young! It repairs scars! Only, the science is in and it's next to worthless.

Ingredients that are worthwhile:

Retinol, Ceramides, Vitamin C

Ingredients you should be skeptical of:

Tea Tree Oil, Vitamin E, Panax

5 TIPS for Better Grooming Through Healthy Living

By Dr. Benjamin Barankin, dermatologist

1.

Minimize caffeine and alcohol, windburns and sunburns.

2.

Make sure to drink plenty of fluids (except for the above in moderation).

3.

A good night's sleep is good for your soul and your skin.

4.

If your hair or nails are brittle or not as strong as they used to be, increase your intake of the vitamin biotin (available at most drug and supplement stores).

5.

Keep stress to a minimum. Easier said than done; however, mental or physical stress can be hard on the skin, leading to premature aging.

*** THE REFERENCE: BATEMAN'S ROUTINE:** "I believe in taking care of myself, in a balanced diet and a vigorous exercise routine. In the morning, if my face is a little puffy, I'll wear an ice pack while I do my crunches. I can do a thousand now. After I remove the ice pack, I use a deep pore cleanser lotion. In the shower, I use a water-activated gel cleanser. Then a honey almond body scrub. Then on the face an exfoliating gel scrub. Then I apply an herb-mint face mask, which I leave on for ten minutes while I prepare the rest of my routine. I always use an aftershave lotion with little to no alcohol, because alcohol dries your face out and makes you look older. Then moisturizer. Then an anti-aging eye balm, followed by final moisturizing protective lotion."

HOW TO STEP IT UP:

At this point, it may seem impossible to improve your regime. You know what works, and you keep yourself abreast of advancements in grooming technology. But sometimes it's not the products that need improvement, it's you.

Teeth: Once you've kicked the cigarettes and coffee (both verboten if you want good skin), it's time to repair the damage they have done to your pearly whites. You could go to a dentist, but because you take other aspects of grooming into your own hands, so why stop now?

Go Smile is more concentrated than most other over-the-counter teeth-whitening systems, which means it has more peroxide (there really isn't much else that can get the job done). Applied directly to each tooth, it is convenient and doesn't cause sensitivity like some cheaper kits. (\$100)