



## YOU ASKED

## Groom Service

STEP UP YOUR GAME WITH OUR EXPERT  
PRODUCT PICKS AND TIPS FOR MEN

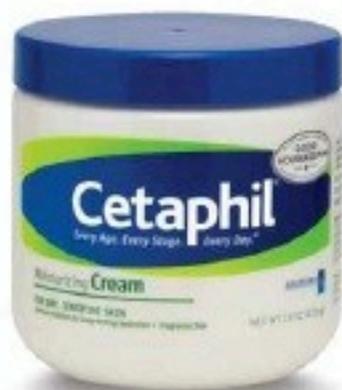
By Ayren Jackson-Cannady

**Eye Spy**

**Anthony Continuous Moisture Eye Cream** (\$33) "Men often show the first signs of aging around the eyes. A good moisturizing eye cream like this can help plump up the skin, reduce the appearance of wrinkles, and decrease puffiness. Apply a dot around each eye in the morning and before bed."

**Block & Tackle**

**CeraVe AM Facial Moisturizing Lotion** (\$14) "Using an SPF lotion, wearing UV-blocking sunglasses, and wearing a hat are all ways to protect against the sun. Research shows that an SPF like this not only protects from the sun but also helps reduce wrinkles, hyperpigmentation, and the risk of skin cancer."

**Dry Spell**

**Cetaphil Moisturizing Cream** (\$14) "Men—who tend to have extremely dry skin—should look for body lotions like this one. Glycerin and hyaluronic acid attract the water and moisture under the surface of your skin, helping hydrate the top layer. Dimethicone helps trap water in the skin."



**David E. Bank, MD**  
dermatologist and founding physician of the  
Center for Dermatology, Cosmetic & Laser  
Surgery, Mount Kisco, N.Y.

**Finish Lines**

**SkinMedica Retinol Complex .25** (\$60) "A good retinoid applied at night before bed can slow aging by increasing skin cell turnover, thickening the skin over time and giving skin a more even tone. I like this one because, while it has one of the highest concentrations of retinoids available without a prescription, it's still very gentle."

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FROM WEBMD.COM

## Q&amp;A

"What's the best way to trim nose hairs?"



**Brandon Bundy**  
35, retail manager,  
Springfield, Va.

EXPERT  
ANSWER

"First and foremost, it is never a good practice to pluck nose hair. It's painful and can lead to infections. Your best bet is to purchase a nose-hair trimmer, which has blades that are covered by guards to prevent cutting the delicate skin inside the nose. Concentrate on the areas directly inside the nostril that may have hair protruding. Also remember that when trimming inside the nose, it's wise not to go too deep. Nose hair has a protective purpose, helping to filter and prevent particles and other things from being sucked into the nasal passages when you breathe."



**Michael O'Connor**  
celebrity style expert,  
New York City