



Grooming

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

Illustration by Simon Abranovicz



BY **BARRET WERTZ**

May 14, 2018



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.

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.



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.