

DERMATOLOGY DEPARTMENT

Time was, you'd be hard-pressed to find a male member of the species in a dermatologist's office; like the gynecologist's, it was considered women's territory. But, according to Manhattan dermatologist Debra Jaliman, men are flocking to skin doctors in droves, mainly for five reasons.

ADULT ACNE Men don't like breakouts any more than women do. For blemishes and folliculitis (shaving-induced bumps that have become infected and, to the untrained eye, resemble acne), Dr. Jaliman prescribes topical antibiotics. In the case of folliculitis, she also instructs men on shaving techniques, including applying shaving gel with a brush, which lifts hair off the skin's surface and eliminates ingrown hairs. **BOTOX** Yes, Botox. "Often it begins with a suggestion from a wife or a girlfriend, but I find that once a man starts the injections to tame wrinkles, he's hooked." Target areas: forehead furrows and crow's-feet; injections every three to six months are suggested. **MOLE**

CHECKS For those with abnormal moles or a family history of skin cancer, Dr. Jaliman recommends two or more checkups each year; otherwise, once a year will suffice. **LASER HAIR REMOVAL** "Two things drive a man to remove the hair on his back: either his wife dislikes it, or it itches when he sweats." Follicle Rx: five to eight monthly sessions with a laser (results are long-lasting). **ROSACEA** The redness and acnelike pustules that typify rosacea are exacerbated by stress, caffeine, spicy foods, vitamin C, red wine, UV light and steam rooms. Dr. Jaliman treats rosacea with topical and oral antibiotics.

M.M.G.



ALL MALE

Men may use fewer cosmetics than women do, but most still appreciate products with oomph—real effectiveness *plus* a little extra something that transforms a chore into a pleasure. These fit the bill. Clockwise from top left: **ELEMIS**'s foamy Dual-Action Cleansing Wash (\$40) can double as a shaving cream, and the scent of peppermint in its Sharp Shower (\$4-\$33) is a morning wake-up call (800-423-5293). **ROY BY LINDA SILVER** soap (\$12) contains bits of loofah for exfoliation power (at Barneys New York, 888-822-7639). The after-shave splash (\$24) and balm (\$23) from **L'OCCITANE**'s new line, Cade, purify skin with the essential oil of juniper wood (888-623-2880). NINA JUDAR