

THE "ANTI" IN ANTIAGING

We're not supposed to care. We're supposed to grow older, wiser, and all the more wrinkled before we expire in our sleep during some Viagra marathon. And yet. So many salves, unguents, and mystical goops promise to slow down the aging process that you've got to think some of them might actually help you look a little younger for a little longer.

We isolated four of the most common active ingredients in today's antiaging market and asked Beverly Hills dermatologist Harold Lancer if they're any good. The good news: All of them actually work. We were surprised, too.

—PETER MARTIN

Man at His Best

2



POLYPHENOLS

What they do: Calm inflammation (redness) and help reduce the swelling (puffiness) that can result from environmental stress (sun damage, pollution).
Naturally found in: Green tea and grapes.
Also found in: Davi SPF 15 Lotion (\$49).

COENZYME Q10

What it does: Binds to harmful waste products in your skin and pushes them to the surface to shed. Also helps repair damaged skin cells. Promotes smoother, less saggy skin.
Naturally found in: Broccoli and spinach.
Also found in: Nivea for Men Revitalizing Eye Creme Q10 (\$9).

ALPHA-HYDROXY ACIDS (AHAs)

What they do: Help skin cells shed more uniformly and keep pores clear. Promote even skin tone and fewer breakouts.
Naturally found in: Nothing you want to apply to your face.
Also found in: Priori Daily Defense SPF 30 (\$35).

VITAMIN A

What it does: Helps shed damaged skin cells and brings healthy replacements to the surface. Also increases skin thickness for firmer skin with fewer wrinkles and breakouts.
Naturally found in: Sweet potatoes and carrots.
Also found in: Anthony Vitamin A Anti-Aging Facial Treatment (\$35).

WHAT 50 LOOKS LIKE



Baldwin, A.



Bacon, K.



Prince



Henderson, R.



Buscemi, S.



Bin Laden, O.



Lauer, M.

DRY PITTS



SWEATY ARMPITS are what brown teeth were in the '90s, right after toothpaste makers started squeezing whitening agents into everything. They're anachronistic—a throwback to a time when you couldn't go to an online Canadian drugstore and illegally procure highly effective aluminum chloride. (Look for Drysol.) Or purchase over-the-counter products like Certain Dri, which contains the ingredient in preparations that aren't quite prescription strength. Then there's the new over-the-counter "clinical strength" products, which contain another effective compound, aluminum zirconium, in new, retooled formulas.

The aluminum simply stops up the thousands of coils that make up the sweat glands in your armpits. Roll some on before bed, and for the next week or so, you will not sweat under your arms. Nothing. Dry as a desert.

Of course, it's not exactly natural: Our bodies require zero aluminum to function. Then there's the age-old Alzheimer's connection (which has never been proven and which most experts discount). Plus, it can burn like hell a few hours after you put it on.

So maybe it's not for everybody. If all that's too much, try the following: Bring a spare undershirt to work. Put it on midday. Bring two! But dry up. —EDITORS

THE RULES

Rule No. 569: Slowly swiveling your chair 180 degrees and dramatically saying "Yeeeeeess?" doesn't work in a cubicle. Rule No. 605: Butter, lightly salted.