LOOK YOUNGER BY THE END OF YOUR LUNCH BREAK

SIX TREATMENTS THAT CAN TURN BACK THE CLOCK—IN UNDER AN HOUR.

- **PROBLEM:** UNDEREYE CIRCLES AND BAGS
  Solution: Juvéderm.
  A doctor can inject this filler into the tear-tough area to eliminate those shadowy hollows. Because the procedure targets such a small area, you'll be in and out of the door very quickly.
  Time: Up to 15 minutes
  Cost: $500 to $750 (per syringe)
  Pain Factor: "Since you’re numbed with a topical cream, you should barely feel any discomfort," says Nashville-based dermatologist Michael Gold.
  Maintenance Product: Molton Brown Karanja Tree Sunshield SPF 30. Protect against damage with this lightweight sunscreen, which won’t clog pores and has a clean finish. $48. 
  
- **PROBLEM:** THINNING HAIR
  Solution: illumilove.
  This low-level-energy laser stimulates circulation and follicle growth. It's a treatment, not a cure; you'll need several sessions a week for six months (depending on the extent of your thinning), then one weekly for maintenance.
  Time: 20 minutes
  Cost: $50
  Pain Factor: Because it's a noninvasive laser, "there really is no pain," says New York City dermatologist Doris Day.
  Maintenance Product: Lob Series Skincare for Men MAX LS Instant Eye Lift. This gel brightens dark circles instantly and tightens skin over time. $42. 
  
- **PROBLEM:** SUN SPOTS
  Solution: Photorejuvenation.
  This treatment blasts targeted bursts of high-intensity light at dark pigmentation. Skin tone will even out after a single session, but New York City dermatologist Fredric Brandt suggests three to five follow-ups for optimal results.
  Time: 15 to 45 minutes
  Cost: Starts at $1,200
  Pain Factor: Very minor temporary irritation or redness.
  Maintenance Product: DS Laboratories Revita Stimulating Hair Growth Shampoo. This thickening formula brims with DHT blockers and antioxidants that restore fading follicles. $30. 
  
- **PROBLEM:** ACNE SCARRING
  Solution: Vbeam.
  This laser regimen tackles broken capillaries, rosacea, and birthmarks. Here, too, you’ll notice results after one session, but Dr. Day recommends three to five for optimal results.
  Time: 15 minutes
  Cost: Starts at $350
  Pain Factor: Expect some discomfort (like a rubber-band snap) while getting zapped but no pain afterward.
  Maintenance Product: ZO Blackhead Erase Ultra-Calming Face Cream. Keep redness at bay with this botanical cream, which is suitable for even the most sensitive faces. $38. 
  
- **PROBLEM:** REDDNESS
  Solution: eMatrix.
  Using radio-frequency energy, this technology delivers heat deep into the skin through tiny, pin-size points, causing collagen to develop and "fill in the pits from below," explains Dr. Gold.
  Time: 15 to 20 minutes
  Cost: $500 to $1,000 (for full-face treatment)
  Maintenance Product: 
  
- **PROBLEM:** TURKEY NECK
  Solution: Ultherapy.
  The only cosmetic procedure approved by the FDA to lift and tone skin, it utilizes ultrasound energy to stimulate collagen growth and tighten the skin, which previously could be done only by surgery.
  Time: 45 to 60 minutes
  Cost: $2,000
  Pain Factor: This one hurts. "It's one procedure where we can’t eliminate discomfort entirely," says New York City dermatologist Robert Anolik. Numbing cream and an Advil will help.
  Maintenance Product: NeoCuts Bio-restore Skin Cream. Guard against lines with this firming cream, which boasts a rejuvenating blend of proteins. $76. 

JEFF LAUB, COFOUNDER, THE BLIND BARBER

"Tom Ford Private Blend Tobacco Vanille Eau de Parfum [$195; tomford.com] smells like an old-world gentleman's club. Plus, my girlfriend loves it on me. Our Blind Barber Wild Watermint Gin Aftershave Soother [$48; blindbarber.com] closes the pores and instantly reduces shaving redness. I use it as a moisturizer, too. And my go-to is the Dove Beauty Bar [$12 for eight; drugstore.com]. My mom introduced me to it as a kid, and I've been hooked ever since."