

face value: dr. david colbert

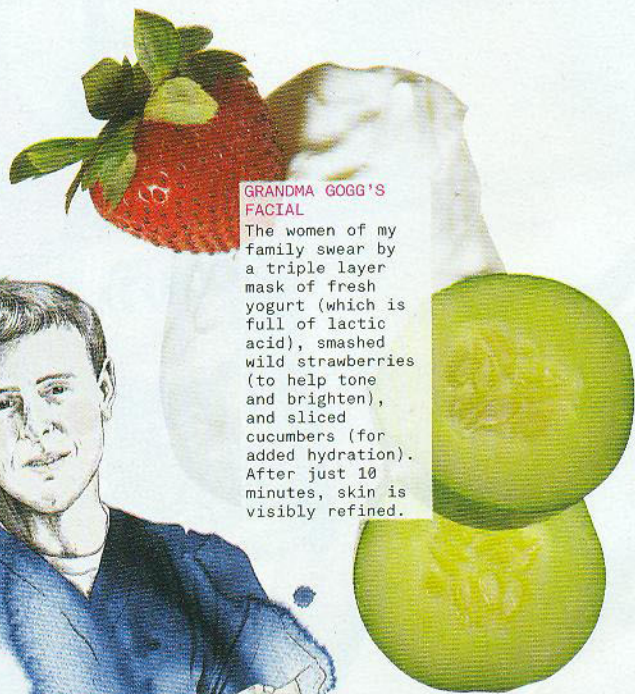
**COLBERT MD  
STIMULATE:  
THE SERUM**

My patented QuSome technology delivers potent active ingredients deep into the cell-producing layers, where they initiate healthy, new skin. \$135, colbertmd.com.



**INTEGRATIVE  
THERAPEUTICS  
RESVERATROL**

Resveratrol is the most potent antioxidant known to mankind, so far. It does wonders for one's complexion. \$16.45, amazon.com.



**GRANDMA GOGG'S  
FACIAL**

The women of my family swear by a triple layer mask of fresh yogurt (which is full of lactic acid), smashed wild strawberries (to help tone and brighten), and sliced cucumbers (for added hydration). After just 10 minutes, skin is visibly refined.



**MAKE UP FOR EVER  
ALL MAT PRIMER**

Primer is a quick and easy way to minimize redness and conceal pores. \$45, sephora.com.



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LUXURY FACE OIL**

A super-light blend of 12 essential oils that instantly fills tiny cracks in the skin. \$140, barneys.com.



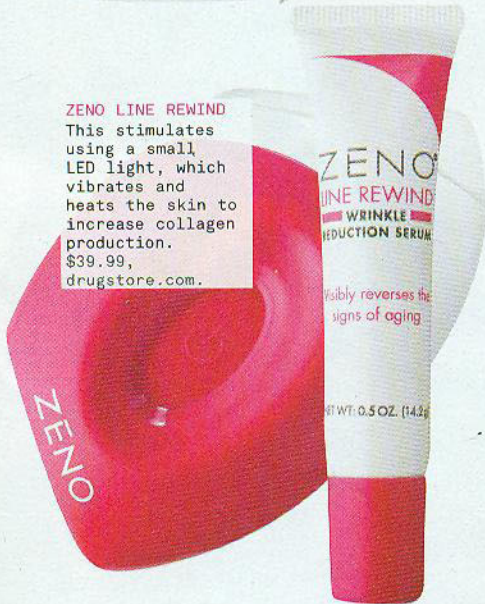
# larger than life

you can't actually shrink pores, but you can minimize their appearance. **dr. david colbert**, founder of the new york dermatology group, explains how. by lily nima

"PORES ARE LIKE cotton sheets. If you took an electron microscope and looked at a cotton sheet, you would see that there are millions of holes in it. The higher the thread count, the fewer the holes and the more luxurious the feel. Some of us are simply born with a higher thread count than others," explains Dr. David Colbert, the dermatologist responsible for maintaining the seemingly poreless complexions of Chloë Sevigny and Sienna Miller. "The skin is not only a living fabric, but also an empty canvas. When you've got that much variability to work with, there's a lot you can do. You can play with pore size, you can play with redness, you can play with the way light hits your skin." So how does one play to win? "In terms of in-office treatments, Fraxel [a laser treatment] is a great option. Especially for those with acne scars or hyperpigmentation," Colbert says. "Intense Pulse Light is another effective procedure with no down time. But in most cases, a targeted skincare regimen combined with a diet rich in super foods like kale, olive oil, and blueberries, is all you need." Here, Colbert outlines which at-home treatments to invest in and why.

**ZENO LINE REWIND**

This stimulates using a small LED light, which vibrates and heats the skin to increase collagen production. \$39.99, drugstore.com.



**COLBERT, MD  
INTENSIFY:  
FACIAL DISCS**

The gentle microdermabrasion and enzyme action works to increase surface cell turnover. It's often used on-set to smooth skin before priming with my signature serum. \$52, colbertmd.com.

