

Robb Report

GROOMING

How a Facial Peel Can Help Get Your Face Ready to Head Back Into the World

Whether you're concerned about wrinkles, sun spots, acne scarring or dullness, the procedure produces real results—and fast.

By BEATRICE AIDIN

To peel or not to peel? For guys preparing to head back to the office—or who find themselves spending even more time on video calls—that seems to be the question.

“With Zoom and intense periods of time on camera highlighting perceived flaws that they were previously not conscious of, women—but also increasingly men—want to address these concerns,” explains Dr. Rabia Malik, who specializes in facial peels at [The Wellness Clinic](#) at Harrods in central London. According to her, the right peels can help solve a variety of issues, including hyperpigmentation, acne scarring, increased pore size and plain old dull skin....And this isn't just London calling: In the US, where the pandemic has similarly amplified existing skin concerns and caused new ones, peels are popular for men too.

“‘[Maskne](#)’ [acne caused by mask wearing] is a big problem for men as they have thicker skin and more oil glands, and tend to be prone to clogged pores and acne breakouts,” says Dr. Bryan G. [Forley](#), a New York-based plastic surgeon whose practice also features [non-surgical solutions](#). “The peels we offer are mild and from start to finish, patients are in our office for 20 to 30 minutes and can go right back to work with no bruising, redness or downtime.”