

PURIST[®]

AN ADVENTURE IN WELLNESS

BEAUTY, WELLNESS

Pure Picks: Dr. Paul Jarrod Frank

The celebrity cosmetic dermatologist shares his summer favorites.



"For me, summer is about looking and feeling your best while unwinding with friends and family," says Dr. Frank. "These are some of my must-haves for a successful and fun season."



"During the summer, I tend to overindulge while enjoying my downtime. My Oura ring tracks my physiology, helping me maintain a healthy balance." *Horizon in gold, \$499, ouraring.com*



"A summer essential: PFRANKMD UV Shade is a tinted, silicone-based mineral sunscreen that not only provides a cosmetically elegant physical sunblock, but also evens out skin tone. I use it as both a daily sunscreen and at the beach." *UV Shade, \$70, PFRANKMD Fifth Avenue and West Village locations*



"Emface is a great noninvasive facial tightening procedure that can be done as a one-off before an event, or as a series for a longer-term lifting and firming result." *Emface, \$4,500 for a series of four, pfrankmd.com*



"Marie Eiffel on Shelter Island has the best egg sandwiches in the Hamptons. Arrive at 8AM when the store opens, and enjoy it while sitting on the dock." *Organic egg sandwich, \$5.50, marieeiffelmarket.com*



"GrandPrix Sneakers are a summer and travel essential because they are ideal to wear as dress sneakers or for long walks—really any occasion." *Men's GrandPrix sneakers in asphalt, \$245, grandprixoriginalsusa.com*



"A Nigel Curtiss sport coat is a summer staple that can be dressed up or down based on the event. I like to wear it with a white T-shirt and jeans." *Men's unconstructed cashmere jacket in light gray, \$1,800, nigelcurtiss.com*