

AN ADVENTURE IN WELLNESS PURIST

GREEN
GODDESS
CONSERVATIONIST
AMY GREEN

CONTRIBUTORS

DR. PAUL JARROD FRANK, who unveiled his top picks for a glowy season (page 52).

WHAT IS YOUR FAVORITE BEAUTY TREND RIGHT NOW?

"I'm finding AI beauty applications very of-the-moment. The latest being Miria by Avava, a new fractional laser that has just arrived at PFRANKMD. Miria goes deeper and is less painful than other

nonablative lasers, providing dramatic improvements in skin tightening and acne scars. Raising the bar in inclusivity and utilizing the newest AI technology, Miria is a groundbreaking device."

Paul Jarrod Frank, MD, is one of the most renowned cosmetic dermatologists in the world. Recognized for his minimally invasive techniques and holistic approach to cosmetic rejuvenation, Dr. Frank is a clinical assistant professor of dermatology at the Icahn School of Medicine at Mount Sinai Hospital and chief medical officer at PFRANKMD by Dr. Paul Jarrod Frank.



GLOW

PURE PICKS

Celebrity cosmetic dermatologist **Dr. Paul Jarrod Frank** shares his summer favorites.



"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



"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



"Marie Eifel 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, marieeifelmarket.com



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



"A Nigel Culliss 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, nigelculliss.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, grandprixoriginalusa.com



"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

Headshot Courtesy of Dr. Paul Jarrod Frank