

# MEN'S JOURNAL

## The Only 58 Grooming Tips You'll Ever Need

### Five Rules for Your Hands

1. Buy better soaps. The crappy stuffy in the office bathroom is alcohol-based and "will tear your skin apart" says Paul Jarrod Frank, M.D., a dermatologist in New York City. Look for natural, moisturizing cleansers that include ingredients like shea extract and soy proteins.
2. You can't over-moisturize. "Men have thicker skin than women, so to soften rough hands you need something that's going to penetrate," Frank explains. He recommends applying Aquaphor Advanced Therapy Healing Ointment liberally, especially before you put on a pair of gloves for work in the garage.
3. Treat your nails right. Clean them regularly with soap (and a nail brush for deeply-entrenched grim), and cut them straight across leaving a small sliver of white, and moisturize your cuticles.
4. Use sunscreen on your hands, too. You're taking care of protecting your face daily, but your hands take just as much of a beating when uncovered. Put on Neutrogena Men's Sensitive Skil Oil-Free Moisturizer with SPF 30 each morning while the skin is still damp to help it absorb.
5. See a pro. When moisturizers just don't work, you may have a bigger problem like eczema that only a doctor can fix. And if you want to fix your nails and cuticle properly, it's okay to get a manicure now and then.