

SUMMER'S BEST!

FOOD/WORKOUTS/
STYLE/ADVENTURES

Men's Health

SIX-PACK ABS!

THE EASY WAY TO
**BIG
ARMS**
TRUE BLOOD'S
JOE MANGANIELLO
SHOWS
YOU HOW

NEW MOVES, FASTER RESULTS, P.110

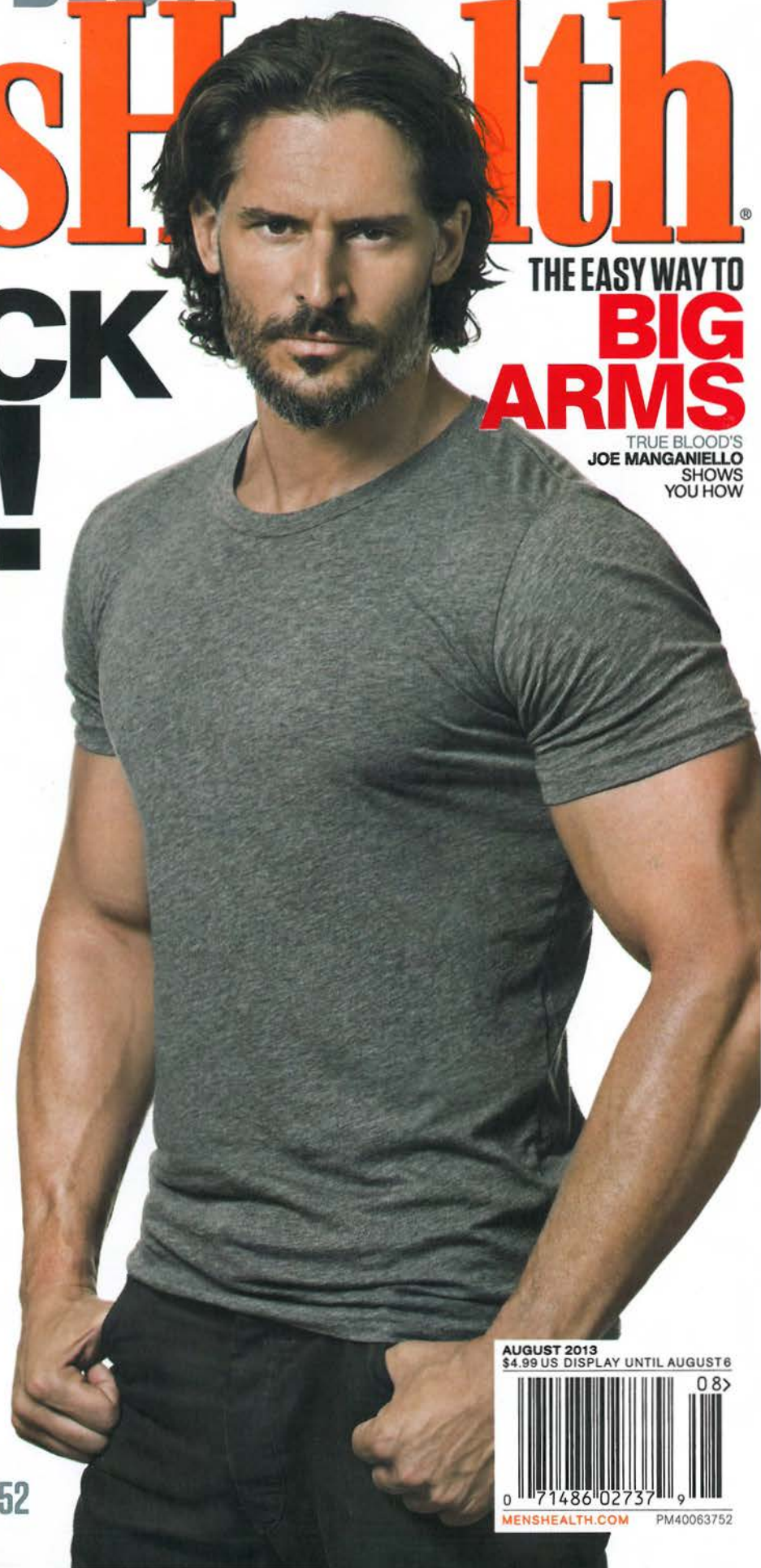
6 Instant Weight Loss Tricks

33 SECRETS TO SIZZLING
SEX

25 LIFE-CHANGING ROAD TRIPS!

SWAT STRESS BUGS, WEEDS, BOSSES—SPLAT!

IGNITE Your Metabolism, P.52



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Bare Season

In summer, your skin goes on display. Take better care of it and you'll have nothing to hide.



PANTS, SHIRTS, AND SHOES OFFER LESS COVERAGE IN HOT WEATHER. SUDDENLY your skin—and how well you care for it—becomes impossible to conceal. “Grooming is the first thing people notice,” says Lauren Solomon, an image consultant in Newport Beach, California. So run down this checklist to make sure you put your best face—and body—forward. —SANDRA NYGAARD



PROBLEM
Dry, brittle hair from chlorine exposure

SOLUTION
After you're out of the pool, rinse your hair in fresh water and apply a leave-in conditioner to restore moisture, says Mark LaRocco, a stylist at Beauty Collection in West Hollywood. And once a week, use a clarifying shampoo to remove harsh residues. LaRocco likes Bumble and Bumble Sunday Shampoo. \$23, bumbleandbumble.com



PROBLEM
A greasy, shiny billboard of a forehead

SOLUTION
Use a product that can simultaneously regulate oil production and provide a subtle matte effect to the surface of your skin. We like Fresh Umbrian Clay Mattifying Serum. It relies on herbal meadowsweet extract to control oil and shine, and it contains clay to neutralize irritating acids and help clarify your complexion. \$35, fresh.com



PROBLEM
Winter fur covering your body

SOLUTION
Buy a good trimmer, like Remington's Head to Toe Personal Grooming System. Trim chest hair to half an inch, erring on the lengthy side to avoid stubble, says New York City photo stylist Scott McMahan. For your back fur, buzz on the lowest setting and then use a safety razor to shave with the grain. \$30, remingtonproducts.com



PROBLEM
Acne on your back and chest

SOLUTION
Loofahs and back brushes can aggravate skin conditions, says Paul Jarrod Frank, M.D., a Manhattan dermatologist. So use an exfoliant with salicylic acid. In a Chinese study, 4 weeks of salicylic acid treatment improved acne in 95 percent of participants. Try Peter Thomas Roth Anti-Aging Buffing Beads. \$35, peterthomasroth.com



PROBLEM
Sharp, unsightly toenails

SOLUTION
Your toenails shouldn't extend beyond the tips of your toes, says Deborah Lippmann, a celebrity manicurist in New York City. She recommends trimming them straight across, with slightly rounded edges. A sturdy set of clippers, like the non-slip model from Ace, will make the job seem only half as tedious. \$6, drugstore.com



PROBLEM
Thick, hard, cracked heel calluses

SOLUTION
Ease up. “Scrubbing too hard with a pumice or callus razor can actually cause skin to grow thicker,” says Dr. Frank. So wait until after a warm shower and apply a product that contains urea, a compound that simultaneously softens and heals damaged skin. We like Eucerin Intensive Repair lotion. \$9, drugstore.com



NO SUN REQUIRED

A suntan isn't worth the risk. Besides skin cancer, long-term sun exposure can lead to wrinkles and age spots, an Archives of Dermatology study confirms. Here are safer ways to glow.

LOOK TAN RIGHT NOW

Put on a shirt that's pink, red, or orange. These colors reflect off skin for a warm, flush illusion, says image consultant Lauren Solomon.

LOOK TAN IN A FEW HOURS

Use a self-tanner that contains dihydroxyacetone, which reacts with epidermal proteins to darken skin. Try the 2-in-1 Dr. Dennis Gross Alpha Beta Glow Pads. They exfoliate to prevent uneven coloring. \$32 for 20, sephora.com

LOOK TAN IN A FEW WEEKS

Eat more foods with beta-carotene, like carrots and sweet potatoes. In a University of Bristol study, beta-carotene supplements gave people noticeably more color after just 8 weeks.