

**SEX CONFESSIONS /** What She (Really) Wishes You Knew P.152

# Men's Health

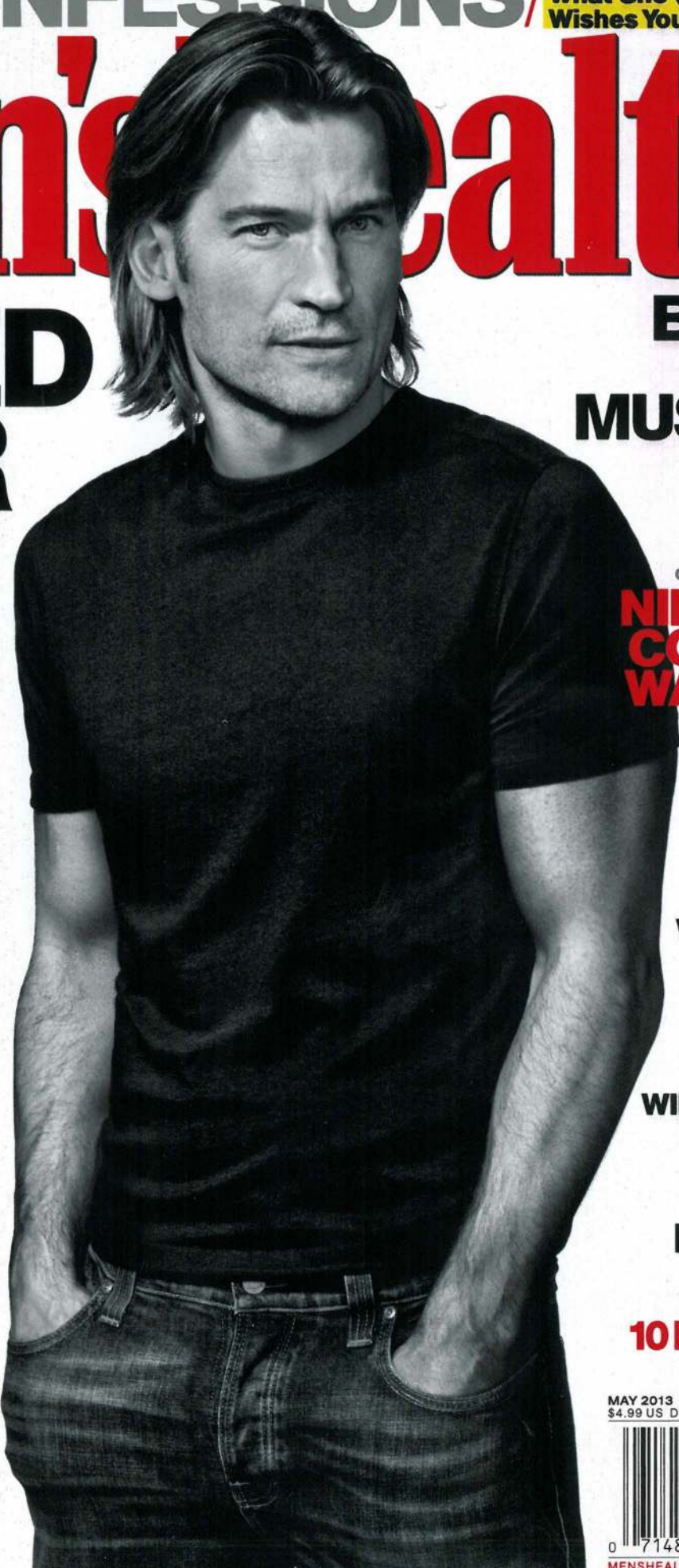
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P. 110

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P. 52

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**IS YOUR WIFE HAPPILY MARRIED?**  
P. 96



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# Bar None

Wash away your problems with a new breed of shower gel.

## THAT SCUMMY RESIDUE ON YOUR SOAP DISH?

Imagine it on your skin. If that sounds gross, then maybe it's time to switch to a gel. According to a Thai study, gel cleansers are less likely than soap to disrupt your skin's pH. In fact, a product labeled "soap" can strip skin of essential oils, says Kavita Mariwalla, M.D., an assistant professor of dermatology at Stony Brook University. Pick one of the gels below and give your old bar the slip. —GERILYN MANAGO



## TAME THE FLESH

We asked more than 800 women what bothered them most about a man's skin. Here's what they said, and our solutions.

### ● Bacne

Opt for a body wash with salicylic acid to mildly dry out your back. **"And wear loose-fitting clothing,"** says dermatologist Paul Jarrod Frank, M.D. **"Tight clothing can aggravate acne, especially at the gym."**

### ● Dry, rough hands; rough cuticles

Apply lotion and cuticle cream immediately after washing your hands, while they're still soft, says Dr. Frank. **Keep both at your sink as a reminder.**

### ● Cracked feet

Use an antibiotic, such as Bacitracin, says Suzanne Bruce, M.D., a Houston-based dermatologist. Once the cracks are closed, apply a moisturizer that contains lactic or glycolic acid.

### ● Dry elbows

Soothe inflammation with a hydrocortisone cream such as Cortaid, says Dr. Bruce. And if the problem is mild, a lotion that contains urea can help your skin retain moisture. —SANDRA NYGAARD



### SMOOTH SKIN

**Kyoku for Men Fire Body Scrub**  
\$23, [kyokuformen.com](http://kyokuformen.com)

The jojoba beads slough away dry skin and help prevent bumps caused by ingrown hairs. Bonus: It has "dragon's blood," an herbal resin (with a kick-ass name) that promotes collagen production for stronger skin. Dr. Mariwalla suggests using a scrub once or twice a week.



### LIGHT SCENT

**Molton Brown Bracing Silverbirch Bodywash**  
\$30, [moltonbrown.com](http://moltonbrown.com)

If you're not into cologne, reach for a gel that gives you a strong masculine scent. We recommend something with wood notes, like this one from Molton Brown. In addition to silverbirch extract, it contains cedarwood and spiced cumin oil.



### POSTWORKOUT

**Dove Men+Care Extra Fresh Body and Face Wash**  
\$5, [drugstore.com](http://drugstore.com)

Enjoy a lunchtime workout? Good for you. But if you hit it hard, you're likely to come back to the office looking flushed. So seek out products with soothing agents that help you return looking cool, calm, and collected. This one contains menthol. Perfect.



### HYDRATING

**Aveda Caribbean Therapy Body Cleanser**  
\$25, [aveda.com](http://aveda.com)

Natural oils help moisturize skin, but some are better than others. This product has sunflower seed oil; a new study from the U.K.'s University of Sheffield Medical School shows that sunflower seed oil hydrates skin without causing structural damage, like olive oil can.



### TIME-SAVING

**Kiehl's Cross-Terrain All-in-One Refueling Wash**  
\$18, [kiehls.com](http://kiehls.com)

Are you like a Nascar pit crew, obsessively shaving seconds off your morning routine? Here's your product. It cleans body, face, and hair all at once. The aloe nurtures skin, and the clean scent makes you smell like you groomed for hours, not minutes.