

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

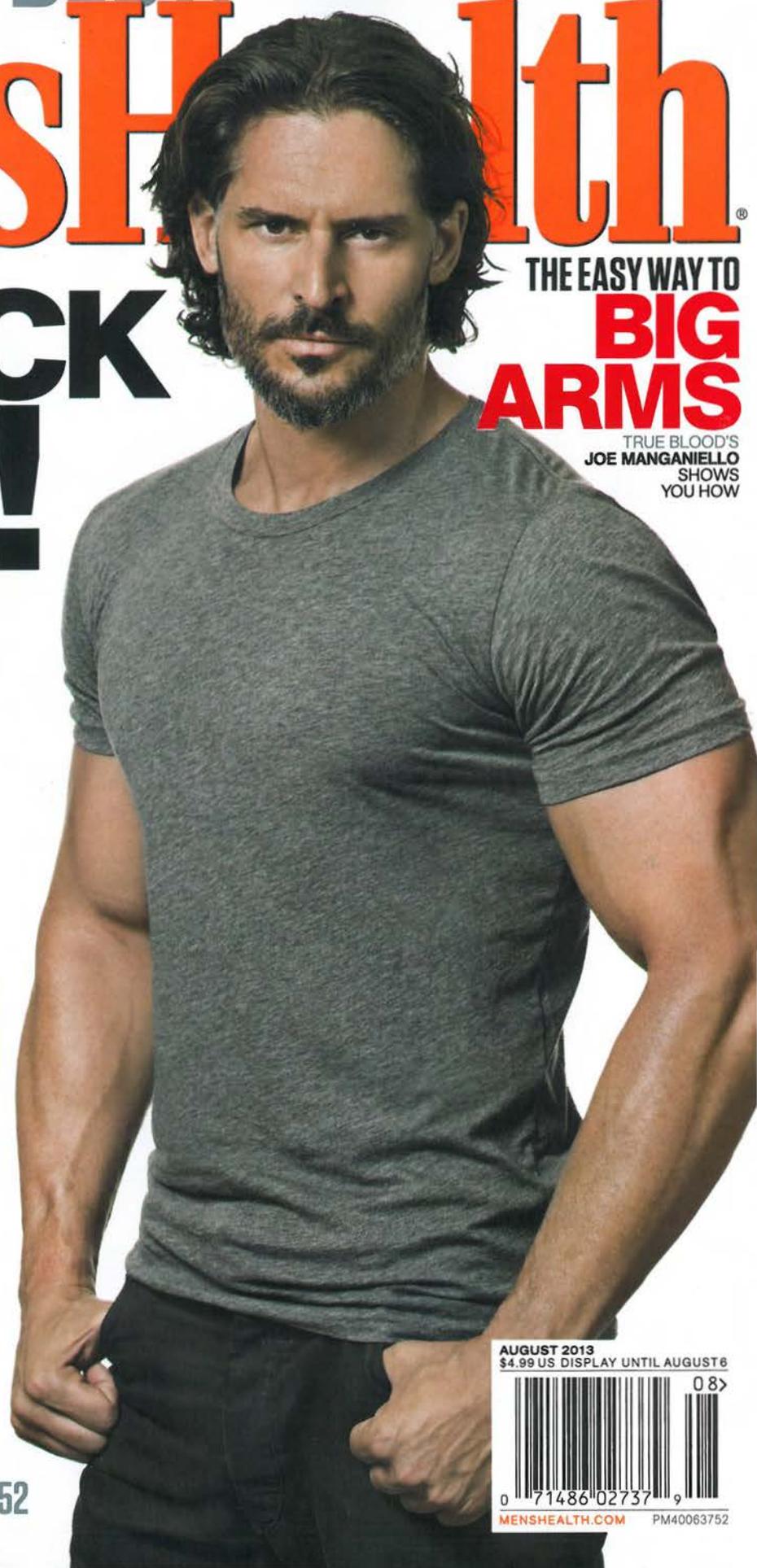
### 6 Instant Weight Loss Tricks

33 SECRETS TO SIZZLING  
**SEX**

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BUGS, WEEDS, BOSSES—SPLAT!

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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](http://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](http://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](http://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](http://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](http://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](http://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](http://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.