

2015 Fall Fitness Special

Men's Health

THE MAGAZINE MEN LIVE BY

500-Pound Bench Press

Free Workout Poster
22-MINUTE BELLY FAT BLITZ

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J.J. WATT'S
BIG MUSCLE SECRETS

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Built-In Washboard

DARING SEX

Where & How She Wants It

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21-Inch Biceps

MOVES, MASSIVE ARMS!

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STOP WORKING, START LIVING

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Do You Need More TESTOSTERONE?

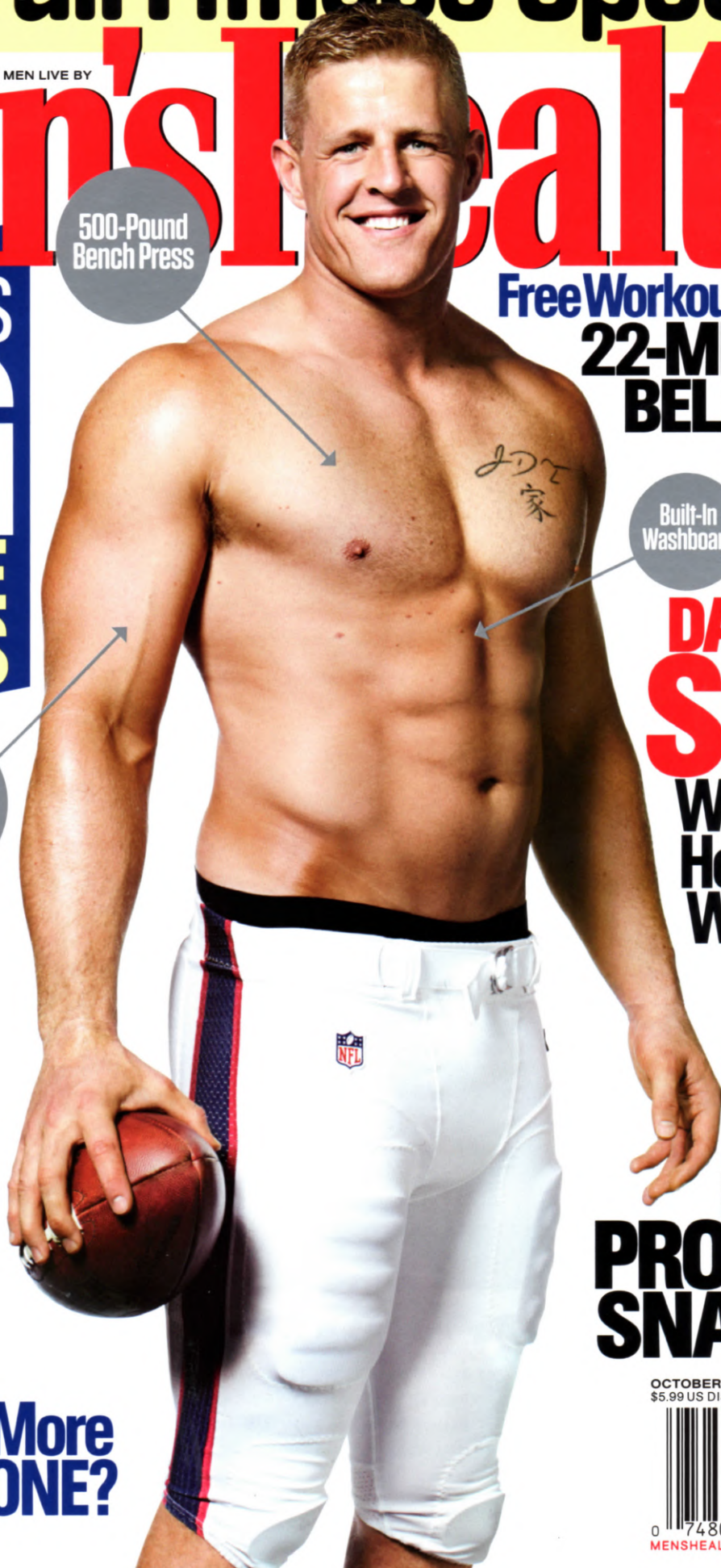
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Last Man Sanding

Some guys wash up like they're stripping paint. Use a lighter touch, and you'll look smoother in the morning.

BY SANDRA NYGAARD



WASHING YOUR FACE

Vigorous scrubbing won't give you a deeper clean, says New York City dermatologist Debra Jaliman, M.D. What it might do is make your skin red and dry, causing it to pump out oil. Instead, apply a gentle cleanser using a light circular motion to remove dead skin cells and surface debris. "Pat your skin dry instead of rubbing it with a towel, which can lead to irritation," Dr. Jaliman says. Finish by working a moisturizer into your skin, moving upward. (Pulling down can cause sagging.)



NIVEA MEN ORIGINAL MOISTURIZING FACE WASH IT CONTAINS VITAMIN E TO HELP YOUR SKIN STAY SOFT. \$6, NIVEAUSA.COM

RUBBING YOUR EYES

Whether you're washing your face, applying moisturizer, or just rubbing the sleep away, avoid pressing too hard on the thin, tender area around your eyes—it's delicate and easily irritated. "That can create new creases," says Arielle Kauvar, M.D., founding director of New York Laser & Skin Care. So when you apply wrinkle cream, just put a dab on your finger and gently tap from the inner to the outer corner of your eye without dragging or pulling the skin as you move your finger.



LAB SERIES SKINCARE FOR MEN AGE RESCUE+ EYE THERAPY TEN DIFFERENT ANTIOXIDANTS FIGHT SIGNS OF AGING. \$39, LABSERIES.COM

BRUSHING YOUR TEETH

If you use a manual toothbrush, you're probably brushing for only about 30 seconds and also pressing too hard, says Manhattan dentist Shadi Hosseini, D.D.S. As a result, you risk enamel abrasion and receding gums, both of which can leave roots susceptible to damage. "Where the enamel is thin, cold liquids or air can cause nerve sensitivity," Dr. Hosseini says. Try a Sonicare toothbrush: It delivers up to 31,000 brushstrokes a minute, and its pressure sensor vibrates if you scrub too hard.



PHILIPS SONICARE FLEXCARE PLATINUM THREE MODES CLEAN, WHITEN, AND PROMOTE GUM HEALTH. \$180, SONICARE.COM

TREATING YOUR ACNE

Who hasn't been tempted to detonate a whitehead? But it's wise to keep your fingertips far away from pimples, Dr. Kauvar says. The pinch that provides short-term relief will just make the situation worse. "Popping zits can lead to inflammation and increase the chances of scarring," she says. Practice patience: Use a pea-sized amount of a product containing acne-fighting ingredients, such as benzoyl peroxide or salicylic acid, to help reduce inflammation and soothe the area.



(MALIN+GOETZ) ACNE TREATMENT DAYTIME THIS SALICYLIC ACID FORMULA GOES ON CLEAR. \$22, MALINANDGOETZ.COM

DRYING YOUR HAIR

When you're in a rush, it's tempting to man-handle your mane. But aggressive drying can lead to breakage, says Amy Komorowski, a stylist who's worked with celebs like Ryan Gosling and Justin Timberlake. Instead, pat your hair down with a towel and then remove excess water by running your hands through the strands, says Komorowski. "Guys with some length should also use a wide-toothed comb to detangle their hair gently without pulling it," she adds.



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