

LOOKIN' *good!*



The easiest way to keep fingernails clean? Keep 'em trimmed. Try to clip them once a week, so there's little room to let dirt and grime get caught between your nails and fingers.

Tips and tricks to turn any man into a lean, mean, well-groomed machine

BY STEVE MAZZUCCHI

If you're a guy (or know a guy) who's a little ... um ... rough around the edges, read on. Whether a fear of razor nicks tempts you to go too long between shaves, a back-to-nature bent makes you refuse (or just forget) to wear sunscreen, or that dry skin on your scalp, hands and lips goes untreated until you look and feel like a dehydrated lizard, we've got the goods that'll break you of those

bad habits. Our choices are as kind to your bod as they are to the environment—and manly enough to keep you from looking like you raided your girlfriend's cosmetic stash. (And ladies, with Valentine's Day around the corner, there's no better time to treat your sweetie and send him a subtle message.)



scruffy

Flaky scalp
(and snowy shoulders)

smooth

Destination Sonoran Desert Dandruff Shampoo and Blue Ridge Mountains Conditioner



All of Destination's products are inspired by the geographic locations their ingredients come from, and the formulas are super-concentrated to last longer than drugstore brands. The shampoo contains tea tree oil, a natural antifungal ingredient, to tackle flakes (often caused by a microscopic fungus that lives on the scalp), and the conditioner uses vitamin E to make your locks thicker and fuller. Shampoo, \$18/8.5 oz. Conditioner, \$19/8.5 oz. 877.892.4479; destination-nation.com

tip

"Aim to wash your hair three or four times a week," says Ellen Marmor, MD, chief of dermatologic and cosmetic surgery at New York City's Mount Sinai Medical Center. Washing hair too frequently *or* infrequently can make for a flaky scalp.

scruffy

Unshaven beard

smooth

Jason All Natural Shaving Lotion and After Shave Tonic



This dynamic duo delivers a one-two punch to facial follicles without irritating your skin. Aloe vera gel and jojoba beads in the lotion lube your beard for a friction-free shave, while the tonic cuts down on razor burn. Lotion and Tonic, each \$7/8 oz. 877.527.6601; jason-natural.com

tip

Pat your face dry, so that it's merely damp before applying shaving lotion. "Water acts as an irritant when you use a blade on the face, so shave with less water," advises dermatologist Peter Kopelson, MD, of the Kopelson Clinic in Beverly Hills, CA. Rinse and pat the blade on a towel between strokes for an even closer shave.

scruffy

Dry, chapped kisser

smooth

Burt's Bees Honey Lip Balm



Fans of this longtime lip-saver are still abuzz over its healing properties and long-lasting hydration (so you don't have to keep reapplying it like a teenage girl). And since it's free of camphor, menthol and eucalyptus, three common balm ingredients that actually dry out your skin, your smoocher won't smell (or taste!) like a cough drop. \$2.50/0.15 oz. 866.422.8787; burtsbees.com

tip

Avoid licking your lips when they're chapped—saliva evaporates (rather than sinking in), which parches them even more. And guzzle water to hydrate lips from the inside out.



Red, rough, sunburned face
(or that farmer tan)



Issimo Guy Gear Shield



Winter sun at high altitude can be 60 percent more intense than summer sun at the beach, so make this handy little bottle your main squeeze when you head out into the elements. Ingredients like cranberry oil (which is high in omega-3 fatty acids) help this SPF 20 formulation nourish your skin. Just spray it on your face, arms and other exposed areas every three to four hours and you can ski, snowboard or chill in the sunshine all day long. \$22/4 oz. 877.477.4661; issimointernational.com



Still manage to get burned? Skip the creams and take a couple of aspirin to reduce inflammation, pain and redness in the first 24 hours, says Kopelson.



Scratchy, patchy skin



Aubrey Organics Men's Stock Daily Moisturizer



Here's one lotion a dude can feel comfortable with—it's lightweight, doesn't clog pores and works into the skin without feeling greasy. The active ingredient is flaxseed lignan extract, which helps balance the skin's oil production to help prevent breakouts and reduce razor bumps. \$14/2 oz. 800.282.7394; aubrey-organics.com



Rub the moisturizer between your hands before applying—this will warm it up and allow it to seep easily into the skin.



L.L. Bean toiletry bag



Now that you've got the grooming know-how, hold everything together with this multifunctional toiletry bag. It's made of durable, washable nylon, has a removable shower caddy and is small enough to tote to the gym. Plus, the hook on top lets you hang it over the back of your bathroom door to save space and keep it out of view. \$19. 800.441.5713; llbean.com ■