

20 BEST FOODS FOR MEN Eat Up! p.170

TONS OF  
USEFUL STUFF

# Men's Health

Amazing New Plan!

## LOSE YOUR GUT!

SEE RESULTS IN **JUST 8 DAYS!**

## DRESS FOR MORE SEX

## GAIN MUSCLE, LOSE POUNDS

TAP YOUR SECRET SOURCE

## DO-OR-DIE HEALTH TEST, p.120

## BETTER SLEEP, BIGGER MUSCLES

# 1,583

NEW HEALTH, FITNESS,  
SEX & NUTRITION TIPS!

## BUILD WEALTH FAST!

BEST NEW  
MONEY  
TIPS

## THE 15- MINUTE HOME WORKOUT

The  
New's  
Health  
Guy

**GERARD  
BUTLER**

"I'm aiming  
for the stars.  
I'll worry  
about the  
details later."

## 139 FAST HEALTH FIXES

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**MORE THAN 86 PERCENT OF WOMEN SAY MEN MISS MAJOR DETAILS.**

## 4 bodily blind spots

WHAT TO IMPRESS A WOMAN? MAKE SURE YOU POLISH YOUR FINER POINTS

You probably already knew that ladies have an eye for details. Men, not so much. In fact, we polled almost 1,000 women to find out which details men often miss in their daily grooming regimens—and found out that most guys are barely skimming the surface. Here are the top offenders and tips on tackling each one.

### HAIR: DRAW THE LINE

**What you're missing** You sculpt the front of your mane with the scrutiny of an IRS auditor, but the head hair you can't see could rot you. Three-fifths of women say wayward hair soars down.

**Why she notices** Sloppy neck hair can make you look instantly disheveled, says Michael Marino, a stylist at Chris Chase Salon in New York City.

**Groom to improve** Define your back forty with a 5-minute DIY clip job once a week. Remove the guard on a pair of hair clippers (Milipick Wahl Chrome Pro Complete Haircutting Kit, \$80) and lift the hair at the base of your hairline with one hand so that the roots of the regular locks are protected by your index finger. Keep the blade head horizontal to your neck and, working from the bottom up, follow your natural hairline. Don't buzz on faith; check your progress with a hand mirror. Winging it isn't good enough, says Marino. "You have to see what's going on back there."

### FACE: DIG DEEPER

**What you're missing** A third of women say men don't care enough about their complexion.

**Why she notices** "A man's pores are about 25 percent bigger than a woman's," says dermatologist Kenneth Rose, M.D. That means bigger blackheads can form on your nose.

**Groom to improve** The plug's black color isn't dirt; it's the oxidative response of the oil in the clogged pore interacting with air. A daily wash is not enough to evict the more subtle squatters. "Use soap that's not too hot," says Dr. Rose. "Instead, pair a daily salicylic acid-based cleanser to exfoliate the skin with a weekly clay mask to purge impurities." Try MenScience Microfine Face Scrub or Lab Series SkinCare for Men Oil Control Face Wash.

### BREATH: TAME YOUR TONGUE

**What you're missing** Even mildly stinky breath can be a dealbreaker for more than half of women.

### WHY THE LITTLE THINGS MATTER

We matched good grooming against other attributes to see which ones women deemed more significant.

- Grooming is more important of just as important
- Grooming is less important



### THE TOP 5 ATTRACTION SABOTEURS

- 95% Less-than-fresh breath
- 86% Excessive cologne
- 85% Presence of an eyebrow
- 84% Neatly or long toenails
- 83% Pitt stains on shirt

**Why she notices** You think a Tic Tac will suffice in a pinch, but her nose knows better. Some research has indicated that women can be more sensitive to scents than men are, so they may be more likely to detect even subtle mouth odors—bad news for suitors with less-than-fresh breath. **Groom to improve** Attack the tongue; it's where many halitosis cases stem from. "Most people don't think about their tongue when they're taking care of their teeth," says Kevin Sands, DDS. "but it harbors bacteria." Brushing your tongue will remove 40 percent of the offending volatile sulfur compounds, according to Brazilian researchers, but better yet, use a tongue scraper (like GUM Dual Action Tongue Cleaner, \$3) and you'll remove up to 75 percent of the bad guys.

### TEETH: EVEN OUT THE EDGES

**What you're missing** Unnaturally bleached teeth are a bigger turn-off than an off-white shade that's uniform across your smile, said women.

**Why she notices** Even minor deviations in color can amplify the contrast between the shades.

**Groom to improve** Coverage is key: strips and food trays don't adequately cover your teeth, missing the crevices in between. Choose an at-home whitening kit with custom-moldable trays, which will help evenly distribute the bleaching chemicals for consistent coverage. We like the Rembrandt 3-Hour Whitening Kit.

Check out the extended results of our grooming poll at [MenHealth.com/polls](http://MenHealth.com/polls).