

MEN: SUMMER GROOMING ROUTINE

Summer is here — be ready. Look your best with these five grooming tips. And have these gear bests by your side for the most groomed summer yet.

by Aly Walansky

PROTECT YOURSELF



Shielding from red, peeling sunburns and premature signs of aging such as wrinkles and rough texture is the best way to keep skin balanced. Men are also twice as likely as women to develop skin cancer, making the need for high-quality sun protection doubly important. **NEOVA DNA Damage Control SILC SHEER 2.0 [SPF 40]** (\$45, neova.com) defends against broad-spectrum UVA/UVB rays and is water resistant (up to 80 minutes).

FIND A SIMPLE SKIN CARE REGIMEN



Each morning and before bed, wash your face to clear the pores of oil, grime and other facial irritants, especially because sweating in South Florida easily causes clogged pores. Take care of your skin with a multi-tasker like **Mèreadesso All-In-One Moisturizer** (\$120, mereadesso.com), that does the job of a day cream, night cream, eye cream, primer and serum.

TAKE YOUR SHAVING ROUTINE TO THE NEXT LEVEL



Avoid shaving first thing in the morning. As we sleep, our face slightly swells, which can make hair retreat. Try to warm up your face by either taking a hot shower or running warm water over the face, followed by washing it. Aftershave is important to soothe irritated skin and decrease redness. If you have a beard, tame it and keep the hair healthier with beard oil, like **Beardilizer's scented beard oil** (\$24, beard-growth.com), which has a unique blend of olive oil, shea butter, sunflower oil, coconut oil, sweet almond oil and avocado oil.

SHOWER SMARTER



Probably the most overlooked party of a summer beauty regimen is the shower: It's where we exfoliate, refresh and wash away the sunscreen, salt and sand that accompany a day on the beach, at the pool or out and about. Avoid the temptation of hot showers — they just dry the skin — and make sure to use soaps and body washes that agree with your skin type. Give your body some invigorating TLC with **Jack Black's Body Rehab Scrub and Muscle Soak** (\$35, getjackblack.com), a Eucalyptus-infused scrub that gently warms as you rub, to loosen knots.

PREP YOUR HAIR



Summer brings hair issues, from frizz to dryness. Stay conditioned and use styling products with UV filters — skin cancer hits scalps as well. **American Crew Grooming Spray** (\$16, americancrew.com) is a flexible styling product that can be used independently for styling or as a finishing tool, and it helps to protect hair from damage caused by sun exposure.

BEST TOOTHBRUSH:

Supersmile Advanced Sonic Pulse Toothbrush (\$99, supersmile.com) A sonic toothbrush will keep your gums healthier and your teeth cavity-free, and it will also keep your smile looking white and free of any stains.



BEST FACIAL CLEANSING BRUSH:

Foreo Luna for Men (\$199, mrporter.com) Great for deeper cleansing; will also prep skin for a smoother, closer shave.



BEST TRIMMER:

Panasonic Nose and Ear Hair Trimmer System Wet/Dry (\$13, panasonic.com) We may pretend otherwise, but we all need one of these in our arsenal. Trim nose hair and detail eyebrows with dual-edge blades; use dry or in the shower.



BEST RAZOR:

Rockwell 6S (\$80, rockwellrazors.com) is modeled after the classic safety razors of the mid-1900s (think: Don Draper), with a modern innovation — choose among six different shave sizes for a completely customized shave that suits your unique shaving needs.

