



MEN'S HEALTH

Male Call

YOU WORK OUT AND EAT RIGHT. NOW TAKE SOME PRIDE IN YOUR GROOMING ROUTINE

By Shelley Levitt

It's time to step up, guys, and pay a smidge more attention to your grooming habits. You know, those things your significant other always nags you about. Well, your honey has good reason to remind you to skip the soap and use a cleanser instead. Think of it as an extension of good manly health habits, like doing barbell squats and eating your kale.

Feet First

Neglect basic foot grooming, says New York podiatrist Jacqueline Sutera, DPM, and you can end up with fungal or viral infections that spread from the soles of your foot and under your toenails to other parts of your body and even to family members. Take these steps to avoid this gnarly scenario.

Wash your feet every time you shower. "It's not enough to just let water and soap drip onto your feet," says Sutera. "You need to wash the bottoms of your feet and between the toes."

Every other week, cut your nails straight across with a clipper, leaving a tip of white.



Apply a foot moisturizer like AmLactin Foot Cream (\$9.99) if your feet get itchy or flaky. And to avoid picking up something nasty at the gym, always wear flip-flops in the locker room and shower.

Sun Smarts

It takes about 30 seconds a day to apply an SPF 30 broad-spectrum sunscreen

and protect against skin cancer and a ruddy complexion. Skip the aftershave and apply a sunscreen moisturizer instead, says Gary Goldenberg, MD, an assistant professor of dermatology and pathology at New York City's Mount Sinai Medical Center.

Cover the tops of your ears if your hair is short, and the

top of your head if you have bald spots or thinning hair. "It's not the two weeks at the beach during vacation that leads to most sun damage," says Goldenberg, "it's chronic sun exposure. The key is applying sunscreen every single day."

Save Skin

When it comes to a guy's daily skin care regimen, dermatologist Goldenberg believes in the KISS approach: "Keep it simple, stupid." He suggests a moisturizing cleanser that can be used on both body and face and that eliminates the need for a separate moisturizer. Two of his picks: CeraVe Hydrating Cleanser (\$13.59) and Cetaphil RestoraDerm Skin Restoring Body Wash (\$14.99).

Wash twice a day, or more often if you're working up a sweat at the gym or on your job. Want to take skin care to the next level? Once a day, sub a scrub for your regular cleanser to slough off dead skin cells and, says Goldenberg, "give your skin a little shine." He likes Kiehl's Facial Fuel Energizing Scrub (\$20), from the brand's men's line.



EXPERT TIP

"Five minutes a day is all you need for good dental hygiene. Brush your tongue at least once a day to get rid of bacteria that can lead to bad breath."—Sanda Moldovan, DDS

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