

BUILD ARMS LIKE THOR! p76



AUSTRALIAN **Men's Health**

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- GAIN MUSCLE
- ADD DEFINITION

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◀ **Ryan Reynolds'** Game Plan For Success

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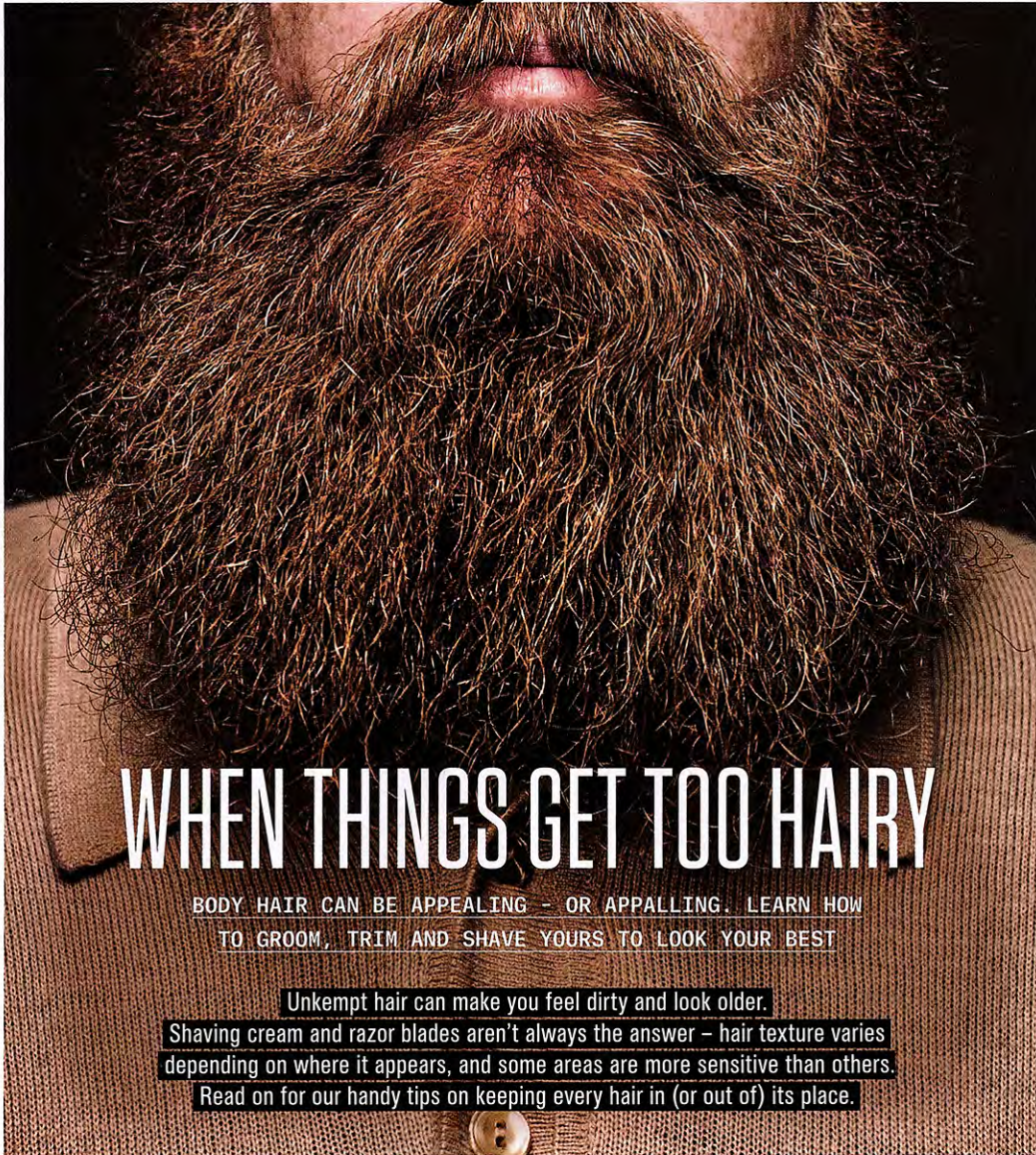
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Grooming



WHEN THINGS GET TOO HAIRY

BODY HAIR CAN BE APPEALING – OR APPALLING. LEARN HOW TO GROOM, TRIM AND SHAVE YOURS TO LOOK YOUR BEST

Unkempt hair can make you feel dirty and look older.

Shaving cream and razor blades aren't always the answer – hair texture varies depending on where it appears, and some areas are more sensitive than others.

Read on for our handy tips on keeping every hair in (or out of) its place.

1/ Eyebrows

A unibrow will not win friends or influence dates. To take care of your brows, use tweezers to grab each hair as close to the root as you can; then yank assertively. Clean up stray hairs around the edges to sharpen the brow's shape.

2/ Chest

Don't go overboard – most women say a hairy chest looks more masculine. You want to keep it a little longer than a half inch. It'll look natural but tidy. If you like the bare look, go with a wax or prepare to shave every three days. Chest stubble looks and feels ridiculous.

3/ Armpits

Armpit hair can be a friendly forest for odour-causing bacteria, so keep it as short as possible. Trim it every couple of weeks with scissors or a trimmer. If you want it gone, use a razor in the shower, just like your wife does.

4/ Back

Waxing keeps you hairless for as long as six weeks, versus six days for shaving. See a professional, who will trim the hair with scissors before applying wax and using strips to rip it out from its roots. If you decide to go DIY, you'll need a partner and the right razor. The Braun Multi Grooming Kit features a body grooming head that allows for maximum flexibility, with minimal fuss.

5/ Head

Unruly hair that's sporting white flakes is never a good look. Treat a dry scalp with a dandruff-fighting shampoo and conditioner and keep cowlicks under control with a matte-finish hair clay.

6/ Nose & Ear Hair

Keep those growths out of sight with an ear-and-nose trimmer, or nose-hair scissors. Move with caution so you don't give yourself a bloody nose. You can also have these areas waxed. Never pluck nose hair – that can clear a path for bacteria and allergens.

7/ Pubic Hair

Bushy is bad; bare is just plain weird. Use scissors to trim hair to about a centimetre, then run a clipper with a short guard up and down your inner thighs – and lightly over your scrotum – to tidy things up. Hold the skin taut to prevent any grabbing or nicking.

FUR & LOATHING

Use these tools to tame the jungle of bristles



VS Sassoon i-Twin Trim™ Dual Blade Lithium Trimmer,
\$139.95, shavershop.com.au



Braun Multi Grooming Kit,
\$119, shavershop.com.au



Tweezerman Slant Tweezers,
\$29.95, i-glamour.com



Tweezerman Facial Hair Scissors, \$29.95



Silver Bullet Nose Hair Trimmer,
\$12.95, i-glamour.com



Hanz De Fuko Claymation
\$27 Sephora.com.au



Head & Shoulders Dry Scalp Care Shampoo and Conditioner,
\$12.49 each, priceline.com.au