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Men's Health

MAY 2007

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The Men's Health Guy
ERIC DANE
of *Grey's Anatomy*
"All my choices are
geared toward
creating longevity."

AMERICA'S BEST BARBERS SOLVE YOUR BIGGEST GROOMING PROBLEMS

▶ A great barber handles a lot more than hair. Take the shearsmiths we profile on the following pages. Their collective experience, knowledge, and bedside manner could never be matched by a phalanx of gum-smacking "stylists" fresh out of beauty school. These men are psychologists. They're groundskeepers. They're artists. They're also the core of this year's panel of experts, who over these five pages solve your biggest grooming challenges. Along the way, our experts also identified the 25 best new grooming products for men. We're not talking exotic extracts of monkey crap here—just stuff that has the power to change a man. Or at least his outlook on life.

BY MATT BEAN AND BRIAN BOYÉ

1. DEGREASE YOUR LOCKS

Your scalp becomes slick in the morning, when high levels of testosterone accelerate oil production. Beating the grease means braving the cold: You need to take your final shampoo rinse under chilly water to close the oil-emitting pores in your skin. (Just hop out and stick your head around the curtain.) "This helps rinse out shampoo, too, because there's nowhere for it to hide," says Stephen Knoll, owner of Stephen Knoll Salon, in New York City.

2. SOFTEN HARD SKIN

Use an exfoliant on dry, cracked skin and the abrasives will only tear it up further. Instead, use a hand cream with ceramides, such as CeraVe moisturizing lotion (\$13, cerave.com). "Ceramides most closely mimic the skin's lipids, which become deficient in chronically dry hands," says Susan Goodlerner, M.D., a clinical professor of dermatology at the University of California at Los Angeles. Apply it after washing to lock in moisture.

3. HANDLE HAIR LOSS

The age-old Caesar cut only covers up a receding hairline if the scalp creep is no more than an inch and a half. "Men around here want to be in control," says Wall Street barber Niall Costello, whose shop has catered to financial titans since 1932. "It's hard for them to give in to hair loss." If your hair is simply thinning out, use drier, lighter styling products—or none at all—to avoid gluing follicles together and reducing effective coverage. (We like the pomade at left.) But if it's jumping ship, admit defeat and cut your losses, champ. "No matter the head shape, a clean cut always looks better than plugs or a comb-over," says Costello.

Photographs by MICHAEL LEWIS / Costello, THOMAS MACDONALD / iancliff.com



Hair

shampoo Redken for Men Retaliate Antidandruff Shampoo

Unlike most other antidandruff shampoos, this one rinses out easily, without leaving your scalp smelling like a medicine cabinet, our testers reported. (\$12, redkenformen.com) or try: Molton Brown Quillaja Hair Wash, \$19



conditioner Billy Jealousy Cashmere Coat

This conditioner does more than boost shine: Swertia-herb extract and peppermint oil pack the real punch, reducing levels of DHT, a baldness-causing hormone. (\$22, billyjealousy.com) or try: Matrix Men Moisture Rev Conditioner, \$11



styling product Baxter of California Clay Pomade

Men with fine hair have a hard time creating tousled looks. This bentonite clay pomade holds strong without weighing you down. And unlike other clays, it washes out easily. (\$16, baxterofcalifornia.com) or try: Matrix Men All-Style Wax, \$11



4. SEND YOUR BAGS PACKING

Those fleshy pillows under your eyes are part of your genetic blueprint, says Rhoda Narins, M.D., a clinical professor of dermatology at the New York University school of medicine and coauthor of *Turn Back the Clock without Losing Time*. Bad behavior can make the bags bigger: Smoking stalls the microcirculation in your skin, causing connective tissue underneath to sag; too much sodium can cause your body to flood with water, fattening the pouches; and sleeping without proper head elevation can cause fluids to pool. So be good, add a pillow, and for particularly bad bags, apply a caffeine-based eye gel like MD Skincare Continuous Eye Hydration (\$40, mdskincare.com) to tighten skin.

5. SOOTHE AWAY SUNBURN

Feeling crispy? Drench a clean washcloth with cool milk from the fridge, and apply it like a compress. The soothing temperature and lactic acid in the milk will help reduce inflammation, says David Bank, M.D., director of the Center of Dermatology, Cosmetic, and Laser Surgery in Mount Kisco, New York. Popping a couple of Advil or Aleve tablets after exposure can also reduce swelling. "Taken within a few hours, they'll slow the cascade of damaging chemicals caused by UV light."

6. MAKE EVERY CUT COUNT

Cookie-cutter salons offer a fool's lottery: When you win, your hair looks normal; when you don't, you look like a loser for days. Want a good-looking head of hair every time? Make a connection with the person behind the blades, says Abdul Karim Shakir, owner of Hyde Park Hair Salon, in Chicago. "You have to have some confidence in your barber's ability to suggest what looks good," says Shakir. The first test? Make sure *his* hair looks good. Then, see if he's willing to offer ideas instead of just taking direction. Savvy shearsmiths will guide you down the right path as your style changes.



"Barber Obama comes in once a week. We don't talk politics much, though. He has enough on his mind that to worry about already."

—ABDUL KARIM SHAKIR (FAR LEFT), OWNER OF HYDE PARK HAIR SALON, IN CHICAGO

Fragrance

exotic
Polo Double Black
The rich mix of mango and pepper in this cologne is tempered by notes of roasted coffee and lush woods. It's a fiery fragrance perfect for a Friday night out. (\$50, polo.com)



classic
Prada
Blending the mineral-heavy smell of amber with the classic smell of barber's soap wouldn't have been our first guess for an olfactory power combo. But in this throwback scent, it works. (\$50, pradaparfums.com)



intense
Banana Republic Black Walnut
Aromatic colognes are full of masculine fragrances, such as the cognac, tobacco, and cedar in this one. Wear it on a date. (\$45, bananarepublic.com)



fresh
Brut Revolution
Your savoir faire—not your cologne—should make a woman weak in the knees. That's the idea behind this fresh scent, with citrus and cypress notes and a hint of black pepper. (\$20, brutworld.com)



woody
Burberry London
Outsized scents can accent an evening if they're worn sparingly. This can't-be-missed cologne combines bergamot, black pepper, oak-moss, and lavender for a rich and masculine smell. (\$50, bloomingdales.com)



seasonal
Bond No. 9 Fire Island
Borrowing subtle notes from bronzing oils, white musk, and the night-blooming flower tuberose, this scent is like the beach, bottled. The summer sun will bring it out. (\$120, bondno9.com)



Face

moisturizer
Jack Black All-Day Oil Control Lotion
This charcoal-infused lotion manages to sop up facial oil without sapping moisture. Simply put, it's our favorite new product of the year. (\$26, getjackblack.com)
or try: Lab Series Oil Control Daily Hydrator, \$27



zit zapper
MD Skincare All-Over Blemish Solution
Acne is caused by inflamed or infected pores. This pimple punisher breaks through blackheads with salicylic acid, then kills the bacteria behind the breakouts with a compound called farnesol. (\$85, mdskincare.com)



SPF moisturizer
Kiehl's Facial Fuel SPF 15
Billed as a "facial recovery accelerator," this product packs vitamins C and E, chestnut extract, and soy to coax skin to life. It's a solid staple for any man's morning regimen. (\$21, kiehls.com)
or try: King of Shaves K2SportsMoisturizer, \$30



eye gel
Lab Series Skincare for Men Instant Moisture Eye Gel
The hydrating gel in this product's small, ceramic tube is delivered by a roller ball—a smart tweak that takes clumsy fingers out of the equation. (\$27, labseries.com)
or try: King of Shaves K2 Eye Cream, \$25



Photograph by JEFF MINTON