



Check Your Toothpaste Label

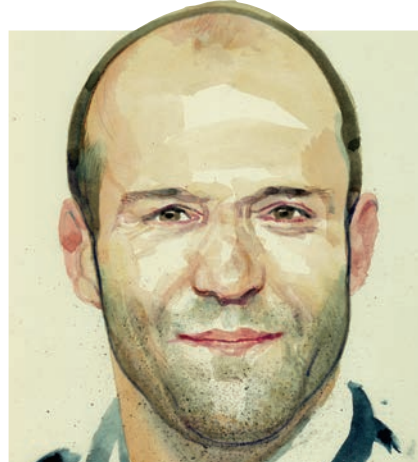
Pastes with antibacterial triclosan reduce plaque by 22 percent compared with fluoride-only pastes. Source: The Cochrane Library

Lose It with Grace

When your hair starts to go, stop worrying and start using a new set of styling tips.



WHEN YOU HAD IT, YOU TOOK it for granted. But now that it's gone, you want it back. (Typical guy thing, right?) That longing for the lush mane of youth leads many men to make a major mistake: They grow out what they have to compensate for what they're lacking. "The shorter you crop the hair," says Adam Marino, a barber at Mister Brown's in San Diego, "the smaller the spotlight you put on your bald areas." Trying to hide something comes off as desperate. You don't see guys like Jason Statham or Matt Lauer with a comb-over, do you? The difference between them and, say, Donald Trump is that those strong, stylish men embrace their baldness and manage to focus your attention on their charisma, not their dome. And you can do the same. To find out how, we checked in with the scissor-wielding experts. —DAN MICHEL

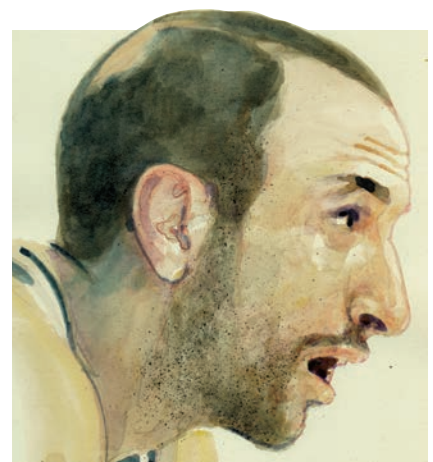


Horseshoe

Wear it like Jason Statham

CUT IT to ¼ inch or less. Wear it long, and your head will look like a mushroom. Instead, tell your barber to trim it short and reduce any bulk near the bald area. Or hell—just buy an electric clipper and do it yourself.

STYLE IT No need to style hair this short, but a dab of leave-in conditioner, such as Neutrogena Triple Moisture Silk Touch Leave-In Cream (\$7, neutrogena.com), will keep it soft. Work it in daily after you shower.



Spot in Back

Wear it like Manu Ginobili

CUT IT to about ¾ inch. Have your barber cut your hair so it builds gradually to its full length toward the crown of your head. Make the transition subtle—it should build by no more than a half inch.

STYLE IT With hair that's this short, you can style it "messy" to minimize the spot, says Craig Whitely, founder of themensroom.com. Try using Grooming Lounge Some Hair Goop (\$18, groominglounge.com).

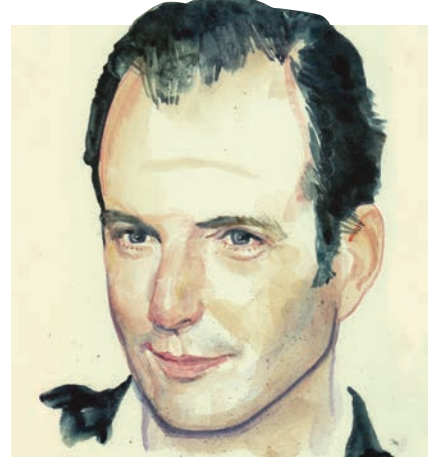


Thin All Over

Wear it like Matt Lauer

CUT IT to ½ inch or less. Bonus: Hair this short is easy to manage! "Ask your barber to cut it with shears so he can leave a bit of length at your thinnest spot," says Marino. Clippers provide less control.

STYLE IT Some gels and creams can weigh hair down and cause it to clump. Skip them. To add body, rub in a dime-size spot of texturizing cream, like American Crew Classic Ultramatte (\$13, amazon.com).



Receding Hairline

Wear it like Will Arnett

CUT IT to about 2 inches. "If you wear your hair forward, ask your barber to texture your hairline in front," says Whitely. This technique creates slightly varying lengths for a look that's more natural and less deliberate.

STYLE IT Use your fingertips to work a pea-size dab of low-shine putty, like Sumotech by Bumble and Bumble (\$28, bumbleandbumble.com), into your hair. Start in the back to avoid clumping up front, says Marino.

▶ DOME DEFENSE

Don't let hair loss make you a cancer victim. Researchers at the John Wayne Cancer Institute found melanoma on the scalp to have the lowest five-year survival rate of any type they studied—lower than melanoma on the arms, legs, trunk, or face. So put on sunscreen every morning, sunny or not. We like the spray-on Phytoplage Protective Sun Oil (\$22, beauty.com), which doesn't clump hair.

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