



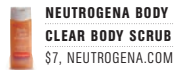
TOP TEN NUDE BEACHES ON THE PLANET
5/ Spa V at Hotel Victor, Miami Beach, Florida
 Men-only steam rooms are short on scenery. Since this clothing-optional coed hammam (Turkish bath) is in South Beach, the clientele is more tri-Delt than AARP.

Keep a Cool Head

Love summer? It doesn't love you. In fact, it makes you look like a greasy slob. But don't sweat it—with the right strategy, you can conquer the season's biggest grooming problems.

Pimples are winning the land grab on your body

Don't let body acne detract from your newly emerging abs. Salicylic acid, a common ingredient in over-the-counter facial cleansers, is your simplest remedy for clearing pimples, says H. Ray Jalian, M.D., a UCLA dermatologist. Neutrogena adds the acid to a body scrub to help it penetrate the thicker skin on your chest and back.



Your hair looks like it mopped up an oil spill

Your body's oil-producing sebaceous glands are most densely concentrated on your scalp, says Dr. Jalian. In the summer, that can mean heavy, greasy hair, and flakes on your head and shoulders. So fight back with mud: Hanz de Fuko uses pulverized minerals and bentonite clay, both of which add hold while pulling oil away from your roots.



The shine on your forehead is blinding your friends

When sweat mixes with oil, the result is a high-gloss finish that reflects sunlight and makes you look perpetually uncool. To fight the greasy-teen look, Kiehl's bolsters its moisturizer with a pulverized gel called Aero-lite, which can absorb four times its weight in oil. Apply it in the a.m.—or as needed—so people around you can stop shielding their eyes.



Days in the sun are adding years to your face

Radiation from sunlight can wear down your skin's collagen, the protein that fights wrinkles. Retaliate with vitamin C, says Dr. Jalian. In a study from Japan, this antioxidant boosted the production of skin-smoothing proteins. By adding it to an SPF 28 sunscreen, Garnier lets you repair damage and prevent wrinkles at the same time. —DAN MICHEL



TAME YOUR CHEST HAIR

BARE

BUSH

The ideal chest-hair length is just under an inch, says Jason Schneidman, founder of The Men's Groomer. To get your fur perfect, use your electric shaver with a No. 6 setting.

Prop styling: Megumi Emoto; Anderson Hopkins, SUPEROTTO (illustration), Warner Bros./Ewert Collection (Ryan Gosling), Splash News/Corbis (Jon Hamm), SSP/Getty Images (Tom Selleck), Hulton Archive/Getty Images (Alec Baldwin), MCA TV/Ewert Collection (Harry