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Men's Health

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ENJOY FRESH AIR

Didn't get a goodnight kiss? Your death breath might be sabotaging your moves. To check: "Lick the back of your hand, let your saliva dry, then have a sniff," says dentist Dr Ellie Pikoulas. Bad breath can be caused by anything from poor dental hygiene to a sinus infection or a dry mouth, says Pikoulas. "Visit your dentist to isolate the cause, brush twice a day, floss once a day, and drink plenty of water and peppermint tea," she advises.

- ▶ Binchotan Charcoal Toothbrush \$12.95
- ▶ UltraFresh Cool Mint Breath Spray \$3.55
- ▶ Colgate Optic White Express White Paste \$9.99
- ▶ Colgate Total Dental Ribbon \$3.27



SCENTS OF ATTRACTION

Smelling bad invariably means sleeping alone. Eliminate stench with the right underarm product – a quality antiperspirant will keep you feeling fresh. After that, it's time to add a hint of fragrance. Not convinced? A University of Liverpool study found that when a man wears scent, it subconsciously bolsters his confidence and makes him instantly more attractive to women. Result.

- ▶ Rexona Motionsense for Men Extra Cool Aerosol \$6.89
- ▶ Cristiano Ronaldo Legacy EDT \$69/50ml
- ▶ Dior Sauvage \$140/100ml



ROUGH AND READY

Rugged stubble looks effortless, but maintaining it requires work, says Nathan Jancauskas, Founder of the Men's Biz grooming stores. "Shape the areas surrounding your natural stubble growth on the upper cheeks and neckline with a razor and clear shaving gel for a tidy finish," he says. Keep your three-day growth neat by going over your stubble with a beard trimmer every few days. Full beard? Trim regularly and use beard oil to keep the skin underneath flake-free.

- ▶ Jack Black Beard Oil \$36
- ▶ Gillette Fusion ProGlide Razor \$16.99
- ▶ Oscar Sensitive Shaving Gel \$39.95 (includes shave oil)



NAILS YOUR LOOK

Women should welcome your touch, not recoil from it in horror. But if you have long talons, frayed cuticles or gnarly hang-nails, that's exactly what could happen. Your nails reflect your overall personal hygiene, so keep them short and clean underneath. "Using clippers, clip the nail in stages," says nail expert Leighton Denny. "Imagine the shape of a 50¢ coin and mimic that, clipping the nail at soft angles."

- ▶ Tweezerman GEAR Precision Grip Fingernail Clippers \$22.95



THREE TO BUY HER FOR VALENTINE'S DAY



Chanel Chance Eau Vive \$126/50ml

A classic choice if you're scared of getting it wrong.



Eau de Lacoste L.12.12 Pour Elle Sparkling \$79/50ml

A playful and summery scent with notes of mandarin and macaron.



ck2 EDT \$99/100ml

It's unisex - so you can wear it, too. Go on, be selfish.