

The Ultimate Pushup Workout p.42

Men's Health

THE MAGAZINE MEN LIVE BY

FREE PULLOUT PLAN

ABS & ARMS

IN 27 MINUTES!

P.89

NAUGHTY
SEX

SHE WANTS
IT BAD

P.30

AMAZING
TACO
TRICKS!

P.92

Add Years
to Your Life—
IN 20 SECONDS!

P.70

Colin Farrell's
SUCCESS
FORMULA
(Defiance+Grit)

102
INSTANT STYLE
UPGRADES
(FLIP THIS)

INSANELY FIT! SECRETS FROM THE
WORLD'S BEST GYM

SEPTEMBER 2015
\$4.99 US DISPLAY UNTIL SEPTEMBER 15
0 71486 02737 9 099
MENSHEALTH.COM #MHS150915



The Wedding

Whether you're flirting with a bridesmaid or getting hitched yourself, you want a flawless mug on the big day. This facial steamer hydrates your skin, boosts bloodflow, and makes exfoliation a breeze; the result is a much deeper clean. Just fill it with water and direct the nozzle at your face for 15 minutes in the morning. Follow up with a cleanser; Pirooz Sarshar, founder of the grooming line PRZMan, recommends his Clean Getaway face wash (\$15, manhoodtv.com).

**DR. DENNIS GROSS SKINCARE
STEAMER SOLUTIONS**
\$125, SEPHORA.COM



The Job Interview

Don't let a shaving nick detract from that first impression. Take your morning shower and then turn on the Norelco 7700. "The steam and heat will lift and expose the hairs," says Sarshar. The razor's storage base also cleans, lubricates, and recharges the unit after each use, leaving you more time to triple-check that rockin' resumé.

**PHILIPS NORELCO 7700 WET & DRY
ELECTRIC RAZOR** \$220,
AMAZON.COM

**MH
MUST-
HAVE**

THE LOOT ROLL-UP

Why waste a minute of your life untangling power cords? Stash accessories in this leather case, then roll and stow. Translation: less time cursing, more time honing your fantasy football roster.

**THIS IS GROUND BANDITO
LIFESTYLE ROLL, CRAFT EDITION**
\$120, THISISGROUND.COM



The Reunion

Greet your pals with a fuller head of hair—without using pills or foams. Nutrastim's laser therapy comb stimulates follicles to promote hair growth. In an *American Journal of Clinical Dermatology* study, men who used a similar laser treatment (eight minutes a day, three days a week) showed a 20 percent increase in hair density after six months.

NUTRASTIM PRO HAIR LASER COMB
\$279, NUTRALUXEMD.COM