

ASK Torrie & Randy

Our know-it-all hygiene gurus offer insightful advice on life's most puzzling grooming quandaries.



Q I LOVE A CUP OF COFFEE WITH A FINE CIGAR, BUT MY MOUTH ENDS UP TASTING LIKE A SMILED JACKSTRAP. WHAT CAN I DO IF BRUSHING DOESN'T HELP?

A TORRIE Mouthwashes can definitely improve the state of your mouth, but first I'd ditch the cigars and limit your coffee intake.

RANDY Yes, your best bet is to buy a quality mouthwash and stop smoking. Not only will your breath be fresher, but you'll also be healthier because of it.

TORRIE Listen man, it's either cut out the bad habits or be stuck chewing mint gum for the rest of your life.

RANDY Or using breath-freshening sprays, which don't work and look even worse.

LEAN, MEAN & SUPER CLEAN

Q MY BEARD COMES IN ALL PATCHY WORLS. IT BE ON TO JUST GROW A MUSTACHE, OR IS THAT TOO 1984?

A TORRIE Sorry—I don't really like mustaches, buddy.

RANDY I understand your concern, but if it works for you, then rock it.

TORRIE Just be careful that your facial hair doesn't look too planned out. Otherwise it can backfire and make you seem like you're trying too hard.

RANDY As long as you keep it neatly manicured, then there shouldn't be an issue. Don't overthink it; grow it.

FAST FACT: THE HARDEST LARGEST MUSTACHE TO GROW IS IN THE UPPER PART OF THE LIPS.

Q I'M ONLY 26, YET I HAVE CROW'S FEET AROUND MY EYES. IS IT TOO FEM TO PURCHASE AN ANTI-WRINKLE CREAM?

A TORRIE Well, obviously you can't turn back the clock, but that doesn't mean you can't slow it down!

RANDY Use an eye cream, because even if you don't have crow's feet, it's important to start early with prevention.

TORRIE Invest in a good moisturizer for day and night. Use a thick lotion for nighttime because it's a great time for cream to do its job. My favorite facial moisturizer contains seaweed extract and tons of mineral oils.

FAST FACT: ABOUT 90% OF PREVENTION CREAMS ARE CLASSIFIED AS OVERPRICED TO BEHOLDERS TO LOOK.

SO EXACTLY WHAT CAUSES WRINKLES?

In addition to common aging, exposure to excessive sunlight can cause wrinkles to develop prematurely. "When sunlight burns your skin, it breaks down the elastin, which is like the elastic in your pants—it's stretchy," says Julia Tatum Hunter, M.D., California. "Once the elastin is damaged it's basically gone for ever. Truly, an ounce of prevention is worth a lifetime

of care." With numerous wrinkle prevention treatments available, Dr. Hunter still advises that patients use simple sun protection. But be sure to snag a sunblock rather than a sunscreen because it physically blocks out the sun's harmful UVA/UVB rays, ensuring that you won't leave the beach looking like bacon rind.

Golden granny.