

LOOK BEST SUMMER EVER!

TONS OF
USEFUL STUFF

Men's Health

BEACH
BODY

RED-HOT
SUMMER
DATES

50

PERFECT
SUMMER
STYLE

BOOST
YOUR
NET
WORTH

ULTIMATE
BUY TRIPS

SKUNK-
PROOF
YOUR
BEER

GEORGES ST-PIERRE'S
WORKOUT

LOTS OF
SELITA
EBANKS

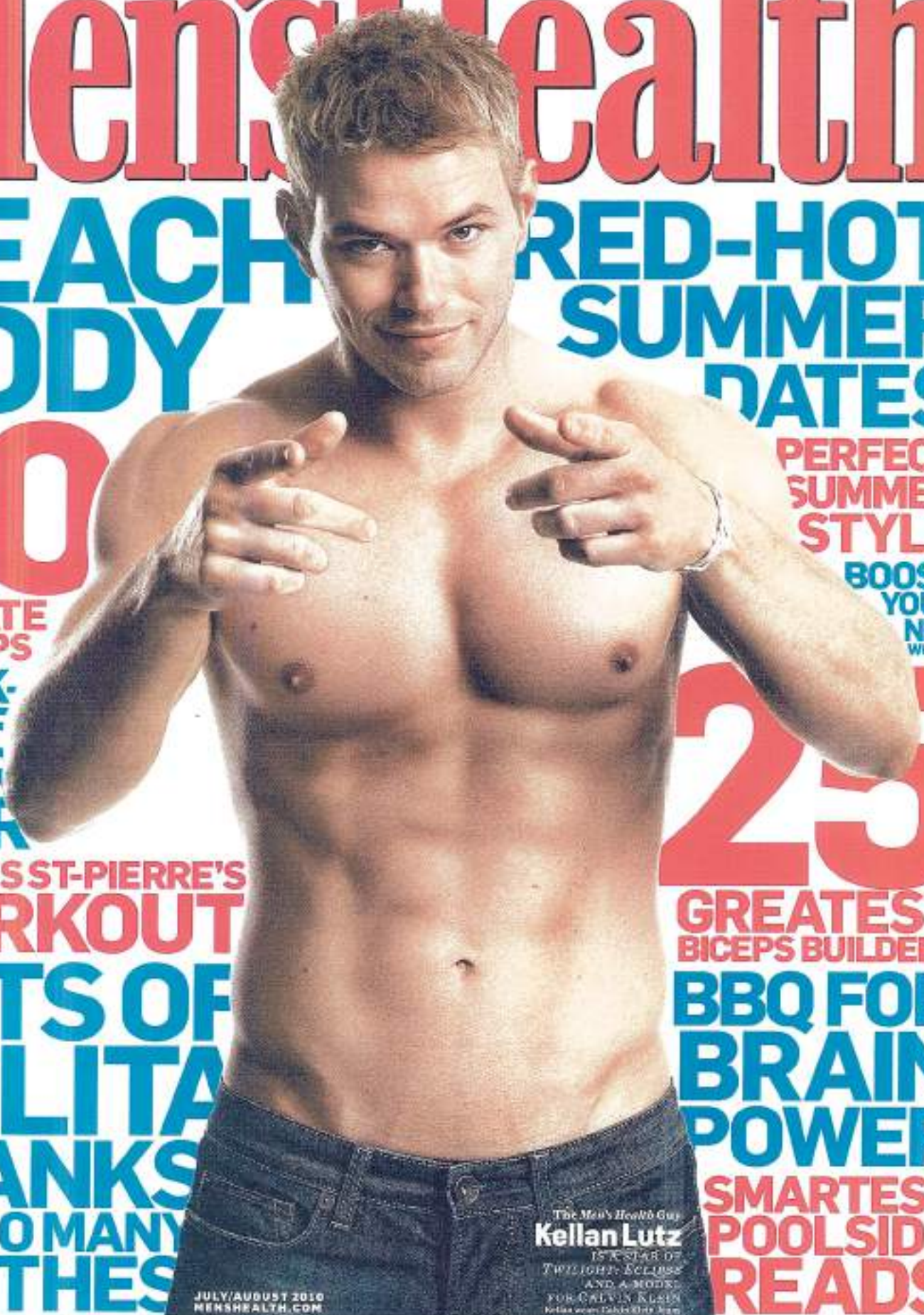
NOT SO MANY
CLOTHES

25

GREATEST
BICEPS BUILDERS

BBQ FOR
BRAIN
POWER

SMARTEST
POOLSIDE
READS



The Men's Health Guy
Kellan Lutz
IS A STAR OF
TWILIGHT: ECLIPSE
AND A MODEL
FOR CALVIN KLEIN
Follow him on Twitter @KellanLutz

Dollars and Scents

Certain scents can ease your mind and improve your charm, says Alan R. Hirsch, M.D., a neurologist and the founder of Chicago's Smell & Taste Treatment and Research Foundation. That's why they can be perfect workday boosters. Match your work needs to the ingredients in these bottles.



If you work a night shift

THE BURBERRY SPORT FOR MEN

1 oz, \$45, nordstrom.com
Your paycheck doesn't care about your circadian rhythms, so seek a natural stimulant to stay alert. The grapefruit in this fragrance may help. Citrus odors boost beta waves in your brain, making you more alert, says Dr. Hirsch.



Scents can provide the finishing touch.



If you work long hours

THE NAUTICA PURE 2.7 oz, \$50, macys.com

No time for a beach vacation? Nautica's sea spray fragrance with driftwood notes (shoyl) can help you relive one. Aromas can conjure the emotions you felt the last time you smelled them, says Rachel Hertz, Ph.D., author of *The Scent of Desire*.

If you work with numbers

THE BOND #9 ANDY WARHOL MONTAUK

2.7 oz, \$145, bondno9.com

In a data-driven job, there's no room for mistakes. Muguet (lily of the valley) improves attention to detail, says Dr. Hirsch. This formulation contains it—but beeps up the fragrance with red oak.



If stress from work lingers

THE DIESEL ONLY THE BRAVE IRON MAN LIMITED EDITION 2.5 oz, \$70, diesel-fragrances.com
Office concerns keeping you up at night? Try this during the day. The formula has notes of lavender, traditionally used to relieve insomnia.



If you work in retail

THE CALVIN KLEIN ETERNITY AQUA

1 oz, \$30, calvinklein-fragrances.com

You have to act cheerful even when you're not. The hints of cedarwood in this scent can produce calming effects, a Japanese study found.



Wear what your dad did

... only updated. You both share some of the same natural scent, so cologne that worked for his skin may also work for yours, says Alan R. Hirsch, M.D.



IF DAD WORE...

Polo Ralph Lauren



John Varvatos Artisan Black Edition

The classic scent has tobacco, wood, and leather accents. Artisan has similar notes, but it's edgier.

Brut

Gap Core

Gap Core freshens the citrus-spice combo of the '70s legend with a modern mix of refreshing scents.

Old Spice

Versace Pour Homme

Both combine citrus and floral aromas. Versace Pour Homme's spray has an initial blast of orange leaves.