

## Summer Grooming Tips for Guys

Written by Madelyn Steckbeck

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Listen up, guys—when the weather changes so should your grooming habits. Thankfully Jacob Meltzer, co-owner of Keep It Cut, has tips on how to stay looking fresh this summer. [Keep It Cut](#) has locations in Phoenix, Tempe and Ahwatukee.



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### Summer Stank

Sweat is inevitable this time of year but there is no excuse for acquiring an unattractive summer odor.

Avoid pinching noses by using a natural deodorant. Meltzer suggests applying freshly squeezed lemon juice to your armpits after you shower. "It kills the bacteria throughout the day that cause you to smell when you sweat and keep you smelling fresh."

If you feel like your scent simply isn't the same after temperatures rose above 100 degrees, it might be time to switch colognes. Meltzer points out that smell has an amazing effect on our psyche. "Switching to a light-smelling cologne will help you feel fresh and clean throughout the day."

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### Ditch the Hair

It's time for a summer cut, gentlemen. Hair is a natural insulator, so by trimming hair off your neck and ears you are allowing more heat to escape your body. If you still are feeling over-heated, Meltzer suggests taking a set of clippers and trimming down the rest of your body hair as well.

If the heat is getting to you and you are feeling ruthless, take the clippers to your head. Meltzer says shorter hair provides more circulation around your head allowing your sweat glands to do their work by cooling your body through evaporation. "You don't have to go bald, but taking the fur down a notch can really help the body cool."



### "It's a Dry Heat"

Summer heat can dry out your skin, leaving it itchy and flaky. As fun as itchy is and as cute as flaky looks, take on the summer heat head on with these tips from Meltzer. He suggests using a conditioner in the shower after shampoo to keep moisture not just in your hair, but on your scalp as well.

Shaving can also dry out your skin. Meltzer suggests using a shaving lotion while you shave or applying a face conditioner when you are done.