

**DAVID
DUCHOVNY**
lifts the sheet on Californication

YOUR SUMMER SORTED!

1 THE BBQ!
HOW TO COOK THE
PERFECT STEAK

2 THE WOMAN!
NICOLE
LENZ
IS THE GIRL
OF SUMMER



3 THE BOARDIES!
NEW! HERE! AND
MADE OF PLASTIC...

4 THE ADVENTURE!
DO THAILAND
FOR JUST \$600



SOPHIE HOWARD

"World peace? I'd rather have
perfect sex, thanks"

Plus!

**CASEY
STONER**

on doing 349km/h

**QUENTIN
TARANTINO**

on his favourite murder

KANYE WEST

on an egotistical rant

Get in first!

Are you
about to
get **dumped?**

TIP:

USE MOISTURISER ON YOUR BODY, TOO. SOUNDS WEIRD, BUT ALL THAT HOT WATER ZAPS YOUR NATURAL MOISTURE



Great if you suffer from "bacne" - acne on your chest or back.

TRY: CLEARASIL DEEP CLEANSE BODY WASH, 250ML \$9.95
1800 226 766



All that wax you use in your hair may impress chicks (or not), but it doesn't wash out easily. Use a deep cleansing shampoo once a week to remove product build-up from your hair and scalp. Clarifying shampoos are too harsh for daily use and shouldn't replace regular shampoo and conditioner.

TRY: DAX PLUS TWO GROOMING & CONDITIONING SHAMPOO, 344ML \$9.95
1800 251 215

Dandruff is not hot. Treat it by alternating your regular shampoo with an anti-dandruff shampoo every second or third wash. Also, avoid styling products that contain alcohol as they can dry out your scalp.

TRY: REDKEN RETALIATE ANTI-DANDRUFF SHAMPOO, 400ML \$25.95
1300 650 170

Bad body odour is a massive turn-off for most women. Solution? An anti-perspirant deodorant. Der.

TRY: ADIDAS ACTION 3 ANTI-PERSPIRANT FRESH, 200ML \$5.69
1800 812 663

GROOMING

THE SHOWER

Water conservation be damned. *FHM's* guide to shower sanitation means more quality wet time