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LOCKER-ROOM ESSENTIALS

IT'S A GYM BAG, NOT A WEEKENDER. SO PACK LIGHT WITH THESE SEVEN DOPP-KIT STAPLES THAT WILL TAKE YOU FROM WORKOUT TO WORKDAY.

1. The Sheen Eraser

RECIPE FOR MEN ANTI-SHINE MOISTURIZER

(\$37; recipeformenusa.com) If you plan to hit the steam room, use this lotion after you shower to avoid a shiny face. It's made with a fine powder to absorb sebum and dull reflective light.

2. The Quick Lift

BOSLEY BOSRENEW VOLUMIZING DRY SHAMPOO

(\$20; ulta.com) Apply this to oily hair instead of washing it. Workouts release testosterone, an excess of which can cause hair loss; built-in DHT-inhibitors help stave off widow's peak.

3. The First Step

JACK BLACK DRY DOWN FRICTION-FREE POWDER

(\$19; getjackblack.com) Dust this on your feet and other sweat-heavy spots before you start exercising—absorbent cornstarch and soothing lavender keep things fresh during intense sessions.

4. The Air Freshener

AESOP DÉODORANT

(\$35; aesop.com) This aluminum-free, nonaerosol spray is a compact alternative to the usual brick of a stick, with natural scents of vetiver root, clove, and lemongrass oil.

5. The Soap Replacement

EVOLUTIONMAN NU NOIR FACE & BODY WASH (\$36; evolution-man.com) Breaking a sweat can lead to breaking out, so toss in this fragrant wash containing salicylic and glycolic acids, which together keep acne at bay and exfoliate.

6. The Breath Saver

SUPERSMILE POWDERED MOUTHRINSE (\$16; birchbox.com) Leave your toothbrush at home. Instead, just add water to this single-dose pouch for an instant, alcohol-free minty wash that also whitens teeth.

7. The Solid Choice

FULTON & ROARK SHACKLEFORD SOLID COLOGNE (\$42; fultonandroark.com) With subtle notes of sandalwood and amber, this wax-based fragrance won't douse your gym bag if the cap comes off.

Top Trainers Come Clean

How the pros get the best results from their post-workout ritual.

JOEY GONZALEZ

Celebrity trainer and COO, Barry's Bootcamp

"The first thing to do after exercising is wash your face to avoid breaking out, specifically in the sweat trails—under the sideburns and jaw."

KENNY SANTUCCI

Personal trainer, Equinox group-fitness instructor

"Wash your feet—too many guys forget that. It's an odor issue, but you can also get foot fungus or athlete's foot."

KENT EDWARDS

Personal trainer, Crunch

"Bring your own scrubber or washcloth to use in the shower—depending on which gym you belong to, you can't necessarily trust the laundry service."

PROP STYLING BY PHILIP SHUBIN.