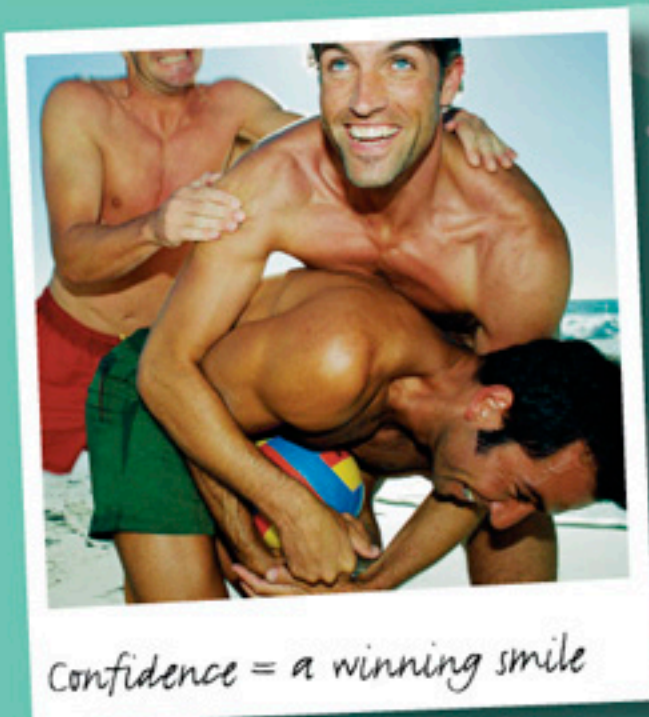


Traveller's Checks

Heading for the sun? Then make sure you look your best on the beach with these little holiday helpers



Show your smile off this summer



Confidence = a winning smile

Cheat on the beach

If your beach-body workout's gone AWOL fear not – here are three crafty ways you can look your best on the beach.

Hit the sand tanned Give pale and pasty skin some much-needed colour (and help show off your smile) with the help of a fake tan. Ensure it's even by exfoliating with a body scrub before applying.

Choose the right trunks If you're tall and thin avoid anything skimpy, vertically striped or too baggy – they'll make you look even lankier. Steer clear of loud patterns if you're short or tubby and skip long, baggy shorts if you have a bit of a beer belly – they'll just make you look bigger. Solid colours will make you look leaner and taller and matt fabrics will disguise any bumps. Don't even think about Speedos unless you've a body like Beckham.

Sit to look slim Sitting up straight will only accentuate your love handles so lie with one knee bent and support your weight with your elbows. Gravity will do the rest!

Pack it in!

You know what they say: clothes maketh the man. So make sure yours emerge from your case in pristine condition. Start by making a checklist of what you need, lay everything out on your bed in outfits and discard anything you'll only wear once. Pack tightly to prevent movement and use tissue paper or dry-cleaning bags between layers to prevent creasing. If you're a stranger to an iron go for checks (they don't show the creases as much!) and stick to neutrals like black, white and beige which tend to be more versatile. Roll T-shirts and jeans and unpack as soon as you get to the hotel to prevent further wrinkles.



Ready for a little adventure?

Don't forget your toothbrush!

You never know who you might meet on your hols so make sure your teeth are sparkling and your breath's as fresh as a daisy by packing a Philips Sonicare Elite toothbrush. Thanks to patented sonic technology, a specially angled head and over 31,000 brush strokes per minute to remove plaque and bacteria, it takes cleaning to a whole new level, leaving you with naturally white teeth and healthy gums. What's more, its deluxe travel case and long charge time (it'll last you a full two weeks if fully charged) make it perfect for travel.



Win!

Fancy getting your hands on this summer's coolest travel accessories? Well, Philips Sonicare are giving five readers the chance to win a Sonicare Elite toothbrush worth £129.99, together with a Sunglass Hut voucher for £85. For your chance to win simply log on to menshealth.co.uk/sonicare. The Philips Sonicare Elite is available from Boots, Argos, Superdrug, Amazon.co.uk and other leading retailers. For more information go to www.sonicare.co.uk