



SUMMER BODY WORKOUT: OUR 4 WEEK RESCUE PLAN

# Men's Journal

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The Greatest Athlete of All Time

MICHAEL PHELPS

Inside His Relentless

Hit the Road!

EPIC DRIVES  
COOL CARS  
HOT MUSIC  
SEX IN THE WILD  
+

*Our Guide to the Best Roadside Food*

A WALL of FLAME  
Behind the California Wildfire Tragedy

NEW RUNNING SHOES  
VINTAGE WATCHES  
WORLD'S BEST COFFEE  
TINY COMPUTERS  
KILLER GOLF DRIVERS  
SINGLE BARREL BOURBON

HEALTH & FITNESS

## Facing the Facts

A no-nonsense guide to the extracts, essences, oils, acids, and antioxidants that make 21st-century skin care so confusing — and, at up to \$100 per ounce, expensive. *By Jamie Beckman*

### ALCHIMIE FOREVER KTP LIGHTS ON/LIGHTS OFF FOR MEN ONLY

This wordily named cream moisturizer contains basil, jojoba, and vitamin E, but our experts say those extra ingredients won't do much. Still, Memar says it should be an effective moisturizer, thanks to its olive oil glycerides and diazolidinyl urea, a preservative (\$55 for 1.7 oz; [alchimie-forever.com](http://alchimie-forever.com)).



ALCHIMIE FOREVER