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# Skin Care and Grooming for Men - Yes, Men!

## Man skin care

'Man skin care' would seem like an alien topic to some men. It would have been even more alien a few years back. However, more and more men are now realizing the importance of skin care (and hence you see markets flush with man skin care products). Even though the male skin is very different from that of a female, 'man skin care' is very similar to the skin care for women.

Like women's skin care, men's skin care also starts with cleansing. Water soluble cleansers are preferred. Cleansing helps remove the dirt, grease and pollutants from the skin and helps in preventing pore clogging. The inherent oily nature of male skin makes cleansing an important part of man skin care procedure. Cleansing should be done at least once every day, even better if it is done twice a day. Using soap on the face is discouraged.

'Man skin care' revolves a lot around shaving. Shaving foam/gel/cream and after shave lotion are one of the most important man skin care products. Serious 'man skin care' requires a proper selection of shaving related equipment and products. One of the main considerations in choosing shaving products should be the skin type (since the degree of oiliness differs from person to person). Alcohol-based aftershaves should be avoided. Proper 'man skin care' also mandates the use of good quality razors. Here, swivel-head razors are preferred since they are known to reduce cuts. Besides these products and equipment, it is also necessary that you use them properly. Be gentle when using your razor. Do not scratch it against your skin; use a soft and smooth action (after all it's a matter of removing hair, not the skin itself).

Male skin is generally thicker and oilier, owing to larger pores and more active sebaceous glands. However, due to regular shaving, the skin can get dehydrated quite easily. Hence moisturisers too form an integral part of man skin care. Moisturising gel or cream should be applied after shaving. In fact, some shaving foams/ gel have an in-built moisturising effect too. Moisturisers should be patted gently over the face and massaged gently using upward strokes.

Though a man's skin is less susceptible to skin cancer caused by UV radiation, using a sunscreen is also an important man skin care measure. You can use a moisturiser that combines sunscreen with the moisturising effect.

Another good option for 'man skin care' is to use man skin care products which have natural ingredients like aloe vera, sea salt and coconut etc. Naturally antiseptic oils e.g. lavender, tea tree etc also provide good means for man skin care.

Man skin care is not as difficult as a lot of men think. It just asks for a few minutes every day, in order to give you a healthy skin for present and for future.

## **Grooming for Guys – What Your Lady Wishes You Would Do**

For many men, a quick shower and shave seem like all that is needed when it comes to grooming and looking good. However, what some men do not realize is that the women in their lives may be wishing they would take grooming to the next step. In today's society men have a countless variety of grooming options that can leave them looking and feeling even better than they ever expected. Men now have the option of partaking in almost every grooming practice that women do. Advancements in grooming and changes of attitudes have allowed men to take care of their hair, skin and nails in ways that men never have in the past. These grooming habits can also come in handy for driving women wild.

Something that may surprise many men is that something as simple as a manicure can prove to be a huge turn on for women. Manicures have long been thought of as a practice reserved for women only. However, in recent years more and more men have taken up the process of keeping up with the care of their hands and nails. In addition to providing men with a rejuvenating process for their hands, manicures can also prove to be a relaxing and stress-relieving process. Many men will find that the process of having their hands soaked, wrapped and even massaged can be an exhilarating process. In addition to discovering how relaxing a manicure can be, men who have never experienced a manicure may also be surprised at the positive response a manicure will get from their partner. Soft, well-treated hands can make a huge difference.

Good grooming for men does not stop at the hands. Facials provide customers with skin care in perhaps the most important area to groom – the face. Keeping the skin on your face clear and clean can make a huge difference when it comes to personal hygiene and grooming. After all, the face is the first thing someone sees when meeting a new person. Like manicures, facials were also long thought of as a practice only acceptable for women. However, in recent years facials have become more and more prevalent for men as well.

The human face is made up of sensitive skin and should be cared for more carefully than other areas of the body covered by tougher skin. Facials are a meticulous cleansing method that keeps the sensitive skin of the face clear of blemishes and looking spectacular. Facials can leave anyone – male or female - feeling completely rejuvenated. Facials are also extremely beneficial for people who have skin conditions such as excessively oily or excessively dry skin. Facials can help to change either of these conditions; moisturizing and cleansing the skin better than any facial cleanser will do.

For a lot of men hair care is not a concern of major significance. A lot of men feel that a quick shampoo each day will do the trick. However, lately more men have begun dying their hair, something women have done for decades. When people enter middle age and grey hairs begin to appear, many people see hair dye as a way of maintaining their youthful looks. For men, dying their hair can seem somewhat girly, but they should rest assured that there is nothing wrong with coloring their hair. In fact, for men who feel uncomfortable with getting their hair colored at a salon, at-home hair dye kits can be purchased.

For women who wish their man would take up some more meticulous grooming habits but cannot seem to convince him to make an appointment at a local spa, booking a couples appointment might just be the answer to their problem. By booking a couples appointment the man may see the spa trip as a date with his wife or girlfriend rather than a trip he is making to a spa to beautify and exfoliate. Many spas have an option for couples that are looking to visit the spa together. Couples can book together and take part in whatever spa treatments they would like to pursue together.

An even more enticing idea is for couples to book a vacation at a spa. Since vacations include the most relaxation, they provide the perfect opportunity for men to let themselves truly enjoy the benefits of a spa – and spending a few days at a luxurious resort may even convince them to continue the grooming treatment once they have returned home.

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