

SKIN YOURSELF IN BEAUTY

Fair. Dark. White. Brown. Whatever be your disposition, in eyes of the world, your skin comes first most of the time. An important and vital part of the body, it not only sheathes the human frame from germs and microorganisms but also gives it an aesthetic glow. With such a crucial role to play, the skin has to be equipped enough to perform its part. Groomed well to appeal to eyes. Nurtured to navigate through daily life.

‘A Man’s face is a natural record of his life’ reads an adage. Maintaining this God-given record is in your hand. And if you are the one who wants to cruise through a woman’s heart you certainly need to make yourself attractive. Skin care is a ready method towards hitting that target. Here are a few easy-to-practice skin care tips for men:

CLEAN AND CLEAR:

Imagine you being born a chimneysweeper with a film of soot covering you all the time. Detestable, isn’t it? That’s what it will be for people who see you if you fail to keep your skin clean and clear. Men have 20% oilier skin than women. Being macho, they have larger pores also. This means that the skin gets dirtier in the case of men than in women. So deep cleansing is important. A natural cleansing product without a lot of chemicals should be used. Such cleansing will clear the dirt in the clogged pores and give the skin a more natural and healthy glow.

WHAT’S YOUR FACEABILITY QUOTIENT?

Your face may or may not index your mind. But it certainly faces hundreds of people daily. To keep it glowing, you need to avoid using deodorant soaps on the face. Such soaps may cause irritation. Moreover they leave a deodorant film, which may induce allergy when exposed to sunlight. So it is best to go for natural products after cleansing.

SCRUB TO SHINE:

Rotten things have to be removed be it the tomato in your refrigerator or dead skin cells. Use a good scrub to clear your dead cells. Removing dead cells smoothens the surface and gives it a shine. Strong scrubbing without damaging will reap good benefit. Stay away from scrubs that contain rough elements like ground bit of nuts or seed extracts as they may tear the skin and damage it. A good scrub will invigorate and not hurt.

MOISTURIZE MAN!

Moisturizing is necessary. A light moisturizer with least chemical additives can be used after cleansing and shaving instead of after-shave lotions. An intensive moisturizer with Vitamin E and Aloe Vera content can be used once in a while. It is essential to moisturize under the eyes as it is one of the places where there is no oil secretion and ageing takes place soon.

TONE TO CHARM:

Toning helps to be trim and charming. As years grow, the skin has to strive hard to maintain its elasticity. Astringents and toners with glycolic or alpha hydroxyl acids work best. These avoid the clogging of environmental debris by reducing pore size. They also reduce the growth of ingrown hairs. With a toner, the results can be quick and impressive. But when using a toner assure that it is not photosensitive.

ENHANCE YOUR EPIDERMIS:

Enhance your epidermis periodically with products that are free from excessive chemicals. This enhancement should depend on the nature of your skin (oily or dry or normal) and the time of the year. Here's a nutshell of things-to-do:

- Exfoliate. Removing dead cells is an essential part of skin treatment
- Say no to fragrant after-shave lotions as they may cause irritation
- After shaving use a product that has no alcohol
- Blot excess oils using blotting papers. Light powders may give a more natural finish.
- For luscious-looking lips use a balm that has at least SPF of 15 in it
- Even peppermint oil may work nicely on lips
- Avoid exposure to Sun. It can result in hyper pigmentation, a serious skin disease.

CARE. CULTIVATE. PRACTICE:

Your skin echoes only your body's message. So instead of just adopting to an external skin care treatment, you should also practice bodily care. Cultivate a set of harmless, healthy habits. Practice them and stick to them. Then you will experience wholesome living. Here are a few wholesome-living tips:

- Eat healthy. Avoid excessive fat or oily foods
- Eat right. Take foods rich in Vitamin C and E
- Avoid alcohol, drugs and smoking
- Stay in shape. Exercise promotes capillary function and premature ageing at bay
- Inhale good air. Practice at least a few minutes of deep breathing. It will rejuvenate you.