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Tips in Skin Care for Men by Stella Richard

Article published on December 8th 2011 | Fitness

Traditionally, it would be unconventional for men to admit out in the open that they pay attention to taking care of the health of their skin. Todayâ€™s metro sexual generation is a lot more open to not only admitting it to society that they are conscious about how they look, but are also a lot more open to go out and do things which help them maintain and take care of the health of their skills from an aesthetic as well as hygienic point of view.

Today, you will come across men who are not afraid of themselves being judged if they walk into a salon to get a facial, massage of any treatment done to ensure utmost skin care. Whichever category of men you fall into, here are some interesting guidelines that you can try following to ensure that you have younger looking and healthy skin irrespective of you age and lifestyle.

1. Do justice to your skin, and understand the importance of keeping it clean as far as possible. Spend sufficient time in your day to wash your skin. You can start by washing your face every time you come home. Rub it gently and then rise off the soap with cold water.

2. Skin Care Vancouver experts recommend that you invest in a face wash that is specially designed for the skin type of men. Using a standardized soaps or face washes that are typically created keeping in mind the skin type of women, may not be as effective.

3. Utmost care is needed to be taken especially for men who need to shave everyday or more frequently than others. Moisturize your skin as much as possible to avoid abrasion or rashes of any kind due to frequent shaving.

4. Once or twice a week, make use of products such as scrubs and peel off masks which help clean out the pores of your skin. After having applied the product, leave it one for 10 â€“ 15 minutes, and peel or wash it off with cold water. Additionally, pat it dry with a dry and clean towel.

5. Depending on the weather and the type of climate you live in, always have sunscreen on. While many people will tell you that sun light is always good for your health and skin that is the case only in specific times of the day. Also, ask your dermatologist or skin care expert to recommend to you the SPF strength of your sun screen which also depends on your skin type, region and even ethnicity.

In addition this, you could also follow some of the home remedies in skin care that are also recommended to women such as eating right, applying fruit extracts on your face etc. Donâ€™t be ashamed to be skin conscious because in the long run, you will be the winner!

Article Source:
http://www.articleside.com/fitness-articles/tips-in-skin-care-for-men.htm - Article Side

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South Granville Laser and a Skin Care Vancouver offers many levels of sophisticated aesthetic and technologically advanced treatments including laser hair removal, spider vein removal etc.

Article Keywords:

Skin Care Vancouver, Laser Hair Removal, Cosmetic Laser Vancouver

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