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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Masculine Skin Care For The Summer

By Todd Lange

You agree – you'd rather die than be caught by your buddies stepping into a spa or salon. Growing up with a crowd that defines skin care as soap and water, you are afraid to admit that you want better skin. No matter how much you diss the so-called metrosexuals (brave souls!) for their skin regimens that rival ladies', you are a bit jealous. It doesn't help either that summer is upon us and your skin is blooming in zits. Okay, admit it – you want to be just like them but don't know where to start. Before shopping for skin care items, wearing a clown suit, and asking the salesperson for "that thingy with tiny beads, y'know?", here is a rundown of the things you ought to know.

Recite it all together now: cleanse, tone, moisturize, nourish, and protect. Don't follow it with a karate chop; it's not a kung fu mantra. Rather, this is your new creed for improved skin. Michele Probst, an expert in masculine skin care, says that skin is oilier during summer because of the humidity. Heat caused by humidity makes facial oils, or sebum rise to the surface. These oils trap dirt into the pores which bacteria turn into zits or pimples. She adds that men's facial skin has larger pores with 20% more oil compared to women. This means that the old soap and water routine is not enough. She outlines the above mantra as an easy five-step method to clearer skin.

Cleansing is easy with the number of products available in the groceries and drug stores today. Probst advises the use of products that are free of chemicals and harsh ingredients. Cleansers and soaps made of natural components are available in many variants but choose one that is specified for facial skin care. Keep deodorant soaps for your body and don't burden your face with deodorant residue. If you are not sure what brand or kind works best for you, consult a dermatologist. If you are afraid, buy trial packs or small sizes and try each for a week. Since you are buying all natural products, there are only minimal risks of irritation involved. Just make sure that you are not allergic to the cleanser's components.

Exfoliation and toning do not involve wrenches or dumbbells, either. It means removing dead skin cells to smoothen skin's surface. Probst suggests the use of facial scrubs. These scrubs are just like cleansers but with soft and mild abrasives like beads incorporated in the formula. Effective scrubs for summer are Jojoba beads. These are mild enough for regular skin care but effective in removing dead cells. Since you spend most of your time outdoors in summer, your facial skin is in greater risk of dirt

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and pollutants. Nobody wants to be a summer hermit, so toners are your best friends to continue enjoying your active lifestyle. Probst explains that toning does not only remove dirt from your face; it also keeps skin supple and resilient. She suggests using astringents with glycolic acids twice a day to reduce the size of the pores and prevent ingrown hairs during shaving.

Of course, skin care is not all about cleansing and keeping dirt off your face. Facial skin especially needs nourishment and protection. Nourishment comes in the form of moisturizers. Yes, your skin still needs light moisturizers even if it is oily. These moisturizers hydrate your skin to regulate oil production. Probst recommends applying moisturizers to the areas under the eyes and the sides of the mouth. Doing so prevents the onset of something worse than zits – wrinkles. Eye gels and face serums with Vitamin E and chamomile nourish and refresh your skin. It is unwise to let all your skin care efforts go to waste. Probst warns that sun exposure can damage your skin. Wear hats and protect your face with sunscreens and sunblock creams.

Good skin doesn't always come with genes. Proper skin care is necessary to achieve healthy skin. The effort you put in skin care is reflected in your mirror soon enough.

For more valuable information on Skin Care, please visit

<http://www.eknowitall.com/health/skin-care/>

Facing Sun Effects

By Roger Carr

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A secret has been revealed in the news over the past few weeks. I was a part of that secret. What was the secret you ask? Men are now using skin care products as a part of their daily activities!

I started a few months ago due to something I learned about myself. I had my picture taken. Not just a standard picture. I had my picture taken with a special ultraviolet camera and light that shows damaged skin due to excessive sun exposure. First they took a picture of my face with standard light. Although not a flattering picture, it looked like I expected. Then they took a picture of my face with the ultraviolet light. What did I look like? I looked like I had a face FULL of freckles. Only these freckles weren't the cute ones that would have showed up in the first picture. They showed that I have a significant amount of sun damage. I guess my early years of working and playing outside all summer long with little or no sun protection is catching up with me.

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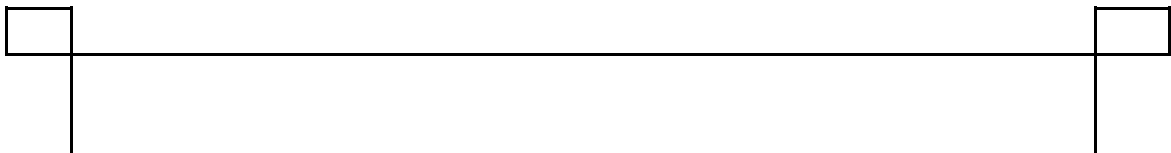
It is common knowledge that sun damaged skin will cause premature signs of aging skin (wrinkling, "leathery" appearance and feel, etc.) as well as being a cause of skin cancer. So, I decided to do something about it. One of those things is to take better care of my skin. I am using skin care products that have a sunscreen built in. These same products also contain enzymes that can help speed cell renewal in sun damaged skin.

Yes, the secret is out. I am using skin care products every day. My wife says my complexion is also better because of it. I look forward to having my picture taken in the future. Maybe my complexion isn't the only thing that is improving.

Roger Carr lives in Fredericksburg, Virginia and is a contributing author to the Sun Clothing, etc. monthly newsletter. Sun Clothing, etc. offers a full line of UPF and SPF rated sunprotection swimwear, clothing, hats, cabanas, sunscreen and accessories for the entire family. You can browse the store and sign up for the free newsletter at <http://www.sunclothingetc.com>.



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