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Putting Your Best Face Forward: Help for Men's Skin Care Problems

By John Alfred

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Unique merits define individuals. The merits of unique botanicals define Bullie, a revolutionary men's skin care method. With specialized cleansers, after-shaves, balms and scrubs, Bullie products are customized to meet the needs of three distinctive skin types: all skin/combination, normal/oily and sensitive/dry.

Combination Skin

Combination skin is medially diagnosed as higher level of oils on the T-Zone (forehead and nose) and a degree of dryness on the rest of the face, cheeks, and jaw line. To help keep the face healthy without causing added dryness or oiliness, certain steps should be taken.

There is a long list of enemies that, over time, can damage the face and aggravate combination skin. Exposure to wind and sun are primary but stress, pollutants, petroleum-derived products (mineral oil, etc.), and the natural aging process all contribute.

Most of the time men tend to assume any product will help alleviate the problem. In actuality, using a specially formulated men's moisturizer is best for several reasons.

The pH level of men's skin and women's skin is different. Bullie men's moisturizer was developed with the proper ingredients to effectively hold moisture in the skin without adding to oiliness. Bullie's men's moisturizer contains effective levels of vitamins such as A, B, C, E, iron, and copper that can help contribute to a great complexion. Chamomile, wheat germ, and other natural elements help to add moisture back into your skin, too.

It's best to apply lotion within a few minutes after showering when skin is more accepting of moisturizers. A consistent routine of applying a men's moisturizer daily can have a dramatic impact on the skin's overall look and feel.

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Bullie also offers men's cleanser and men's post shave lotions especially developed to promote overall skin health without the normally-associated drying effects.

Of course, diet plays a major role in how skin looks and feels as well. Eight glasses of water are recommended per day.

Dry/Sensitive Skin

There's really no wonder that so many men have dry or sensitive skin. Showering with deodorant soap and daily shaving can easily cause stinging, blotching, and redness of the face.

Again, look for and use products developed just for men when possible. Men's cleansers will have the correct pH level for skin (just like men's moisturizers). So will men's post shave lotions. But that alone

won't guarantee help for dry or sensitive skin.

Based on the Bullie philosophy, products are primarily free from dyes, alcohol, and fragrances. Other men's cleansers will sometimes include alcohol as a main ingredient. Men's post shave and toner is also likely to have irritating dyes and fragrances. The carefully chosen, natural ingredients in Bullie men's skin care products work better and are much easier on skin.

Bullie men's cleanser is uniquely designed to revive collagen production and rid free radicals without exacerbating the problems men with dry or sensitive skin face. Bullie men's moisturizer offers a combination of aloe, sandalwood and other exceptional agents to restore moisture without adding shine. Bullie men's post shave for dry/sensitive skin gives the advantage of reduce free radicals and bacteria while actually healing and replenishing the skin instead of drying it.

Normal/Oily Skin

Perhaps the number one problem in men's skin care is that of excess oil. This can lead to acne breakouts and, in some cases, acne scarring. Keeping skin clean and moisturized is a primary way to prevent breakouts in any skin type. By using men's skin care products made for normal or oily skin, the prevention of acne, blackheads, or other blemishes (and the scars they may leave) is more likely.

Men's cleanser for normal/oily skin by Bullie contains papaya enzymes and silk amino acids to gently exfoliate skin and wash away impurities and excess oil. The men's moisturizer contains lecithin and Vitamin E along with other natural ingredients to further help with the exfoliation process while restoring balanced moisture to the face. Bullie's men's post shave prevents the advancement of free radicals and acne causing bacteria with powerful alpha hydroxyl acids.

Overcoming the three biggest men's skin care problems can be a simplified process if you take a new approach. Focus on what your skin needs instead of what's the most convenient product to grab from the shelf.

Want help with overcoming the three biggest men's skin care problems? Bullie offers quality products

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developed especially for men that cleanse, sooth, protect and polish. Made from natural ingredients, Bullie products for men are available at better retailers or online at

I began Bullie for those among us who endeavor to present and conduct ourselves in a manner befitting a gentleman.

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Bullie wishes to help you safeguard and nurture your epidermis so your shield against bacteria and your presentation to the world remains youthful and fit. Our formulas employ natural elements to cleanse and protect the intricate singularities of each skin type.

Live well, live long.

John Alfred

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.

It is common knowledge that sun damaged skin will cause premature

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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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