



Article Side

What makes a man a man? by [Thomasgalvin](#)

Article published on June 20th 2012 | [Customer Service](#)

Men have approximately 20% oilier skin and significantly larger pores than women. Basically, this means men get dirtier. Here are some tips using men's skin care products and men's facial products to help your skin stay healthy.

Tip Number 1: Keep it clean

No matter what skin type, you have to clean your face every day. Deep cleansing is important. It keeps pores clear, skin healthy, and you looking good. Cleansing products should be as chemical free as possible. Deodorant soaps shouldn't be used on your face. Gone are the days when they were acceptable. They cleanse with harsh ingredients and leave a detergent film behind. This may irritate your skin and will clog your pores. Go natural. Use products with organic ingredients, but the products don't need to be 100% organic. A good scrub is essential for healthy clean skin. It will remove dead cells and smooth the surface of your face. The scrub should be strong without being damaging. Stay away from scrubs that contain rough elements like ground bits of nut or seed extracts. They will tear and damage skin. Men's facial products should invigorate you, not hurt you. Don't forget, moisturizing is a necessity. Again, the product with the least amount of chemical additives is the best. Always use a light moisturizer on your face after cleansing and shaving and don't forget your neck! Hydrate and nourish your skin. Don't neglect the delicate area around your eyes. You should use a moisturizer specifically for this area. It is one of the first places to show age because the under eye skin secretes no necessary oils on its own. We recommend a daily moisturizer with SPF 30+ to help with anti-aging.

Tip Number 2: Keep it toned

Because you spend a lot of time outside, environmental debris and pollutants are a factor in your skin's health. Toning helps keep your face clear and firm.

As skin ages, it needs to work harder to maintain its elasticity. Astringents and toners with glycolic or alpha hydroxyl acids work the best for toning the face. These acids actually can reduce the pore size, and help avoid ingrown hairs (something almost every man struggles with at one point or another). They are aggressive and have quick results. Remember to look for skin care products that are specifically formulated for men.

Tip Number 3: Treat your skin

Depending on your skin type (oily, dry or combination) and the time of year, there are different men's skin care products that treat and enhance your skin. Different treatments will have very different results. It is important to know your skin's needs.

All types of skin need to be exfoliated. This is the removal of dead skin cells that form daily. This is an essential part of skin treatment. This should be done 2-3 times per week and is ideal prior to shaving. After shaving, you need to moisturize with a product that has absolutely no alcohol in it. Avoid heavy fragrant after-shave products too, as they can irritate the skin. Hydration is important and protection from UVA/UVB rays is a must! so look for a moisturizer with SPF. Don't forget about your lips. Find a lip balm that also has an SPF in it.

Tip Number 4: Protect your skin

Healthy skin is young looking skin. There are preventative techniques that can promote the best skin possible and keep it looking its best longer. Remember that your skin is a mirror of your overall body health. Here are the key techniques:

Avoid over exposure to the sun. Sun damage leads to hyper pigmentation (brown spots) which can develop into serious skin disease. Excessive exposure can also exaggerate and thicken fine lines. Use products with SPF 30 protection on all exposed skin, especially on your face. Stay in shape. Exercise promotes capillary functioning which can decrease premature aging. It also increases oxygen to the tissues which keeps skin looking young. Eat right. Keep vitamins such as C and E in your diet regimen. You can even find men's skin care products with vitamin C and E in them!

Everything in moderation! except smoking. Too much of anything is never a good idea. Stay away from excess alcohol, fatigue and stress and if you smoke! Quit Now! Smoking is one of the activities that will automatically pre-maturely age you. Not only can these factors lead to premature aging, they also decrease facial circulation making you look older. It is important to use products that are nutritious and healthy.

Like most men, you might not be sure what all of the different products do. Well, believe it or not, all of these types of product are necessary for healthy, well-groomed skin. Just be sure to always use products designed specifically for men! Here's a quick guide for you: "Facial Wash - Don't use soap! Soap strips the natural lubrication from your face. R. Cooper only carries made-for-men cleansers that break down dirt and grime without drying the skin. Pre-Shave Oils and After Shave Balms - These products contain ingredients to sooth and calm skin after shaving. They also contain moisturizers. Continued use will make shaving easier and smoother.

Moisturizers - Keeping your skin moisturized is the best way to keep your face young-looking and healthy. Use twice a day - after shaving and at night after cleansing.

Exfoliators/Scrubs - Exfoliating removes dead skin cells and ingrained dirt. Doing this 2-3 per week will soften and brighten the skin. It'll also make shaving much smoother.

Toners - Removes excess oils that can clog pores and refreshes the skin. Use after shaving

Article Source:

<http://www.articleside.com/customer-service-articles/what-makes-a-man-a-man.htm> - [Article Side](#)

[Thomasgalvin](#) - About Author:

Find a [Mens Skin Care Products](#) and a [mens facial products](#) related information at a getrcooper.co

Article Keywords:

Best Face Moisturizer