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Girls will be boys



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A gentleman's guide to shaving and shaping



Men's grooming expert and blogger, Ross Clarke, (reluctantly) gives us some tips on the six products you can steal from his bathroom cabinet

You've undoubtedly seen them lurking in the bathroom cabinet; those blue and white bottles, that high tech looking razor. You've also probably wondered if they'd be any good on your skin and asked yourself if he'll notice if you try a small amount. Well, I'm here to tell you that male grooming products are in fact great for men and women – and yes, I have noticed that my razor is now blunt and pulling the skin off my face. Most men's toiletries are built for speed and so are often stronger, sharper or simpler (and better value) than many women's varieties. Here are six items that you might like to try, but please don't tell him who told you.

1. Stubble free



Our faces take a bit of a battering from regular shaving but thankfully these days most good quality razors are designed to minimise irritation and soothe sensitive skin. Razor manufacturers compete on providing the closest shave and this **Gillette Fusion ProGlide Power Razor**, £6.99, is no exception. With four blades, a friction-reducing pulsating head and a comb to guide hair into place, this gentleman's staple will make light work of your legs too, and leave them silky smooth.



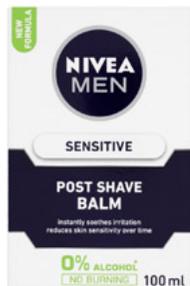
Your Spring beauty fix

2. Lather up



Secret number one is out of the bag and so on to number two. And it probably comes as no surprise that gents' shaving cream is just as good as their razors. There are lots of foams, gels and creams on the market and most are pretty good at preparing the skin and hair for a quick skimming with the blades. In my book, it is wise to think like granddad and opt for a cream. This **Weleda Shaving Cream**, £7.95, lathers up well and doesn't dry out the skin like some gels. Smother it on liberally and wash off thoroughly after shaving. Try cleaning the bathroom mirror with it too; it will stop it steaming up for a few days.

3. Seal and heal



Ever heard of razor burn? That irritated skin that didn't really want to be bothered by a sharp metal blade can be very sore, especially if you have sensitive skin. Well, there are many ways to combat it and using a good moisture-rich balm is the first step. Nivea does a brilliant line in gents' products and their **Extra Soothing Shave Balm**, £5, is one of the nicest I've tried. It not only soothes the skin but also helps heal any cuts or grazes, something most women's moisturisers don't do. Apply it after you've got out of the shower but be warned, a little goes a long way.

4. Don't sweat it



Horses sweat, gentlemen perspire and ladies redden, or so the old saying goes. That may have been the case back



when the ditty was invented but I guess not many women – or men for that matter – were regular gym goers or had to endure public transport at rush hour. Men do tend to sweat more than women and our deodorants are designed to combat this. L'Oréal Men Expert have a range of spray and roll on antiperspirants, like this **Thermic Resist Antiperspirant Deodorant**, £3.05, that have a neutral scent and keep underarms dry and odour free.

5. Put away the perfume



Now more than ever before, fragrance is becoming unisex and while there are specific unisex scents on the market, why not try a spot of aftershave instead? If you like deep musky tones with sharp citrus then old favourites such as Aramis are wonderfully pungent. If you think you'd like a touch more fresh and woody, then not much beats **Davidoff Cool Water**, £40. Don't forget fragrances adapt differently to your own scents and what may have a masculine tone on him could have the opposite on you.

6. Surf's up



The weatherman's predicting a warm September, meaning beach styles are very much still with us. If you're looking to perfect that tousled, day-at-the-beach hair then look no further than his shelf in the bathroom cabinet. Matt pastes and clays are excellent at giving guys that out-of-bed style and also work well keeping short styles neat. This also means that most guys have at least one pot or tube of this lovely stuff somewhere. Try rubbing a small

amount of **Schwarzkopf's Got2b Beach Matte Paste**, £4.07, in between your fingers and then running it through your hair for a natural, windswept effect.

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They might leave us red-faced at the time but our beauty mistakes can teach us some valuable lessons, and help change our routine for the better. One thing's for sure, says Sarah Neish, we won't make them twice

The Edit

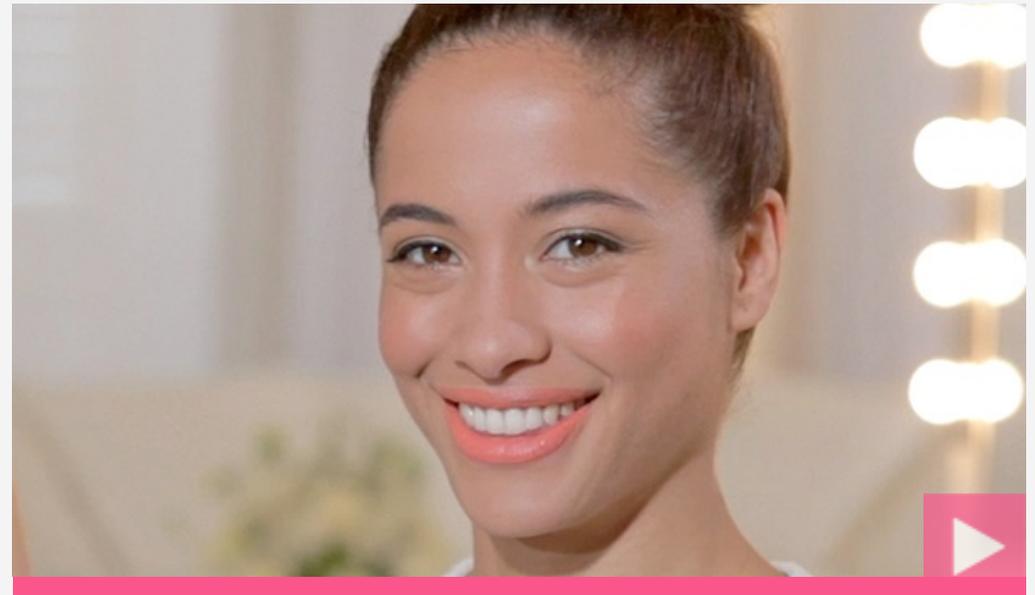
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