



So Organic helpful fact sheets:

# Men

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Issues to address with Men's skin:

Men and women have the same basic structure of the skin, although a man's skin does tend to have a slightly thicker top layer (epidermis).

Men also have stronger, thicker facial hair than women and produce more oil (sebum). This excess oil can block the pores and cause blackheads and spots if the skin is not kept clean.

There is also the problem of in-growing hairs on the face and neck, caused when hairs grow back on themselves leaving nasty bumps or spots after shaving.

**Exfoliate:**

An effective exfoliator can instantly brighten and smooth your skin.

A 'scrub' is a type of exfoliator which means it removes or 'exfoliates' dead cells from the surface of the skin.

A face scrub is like face wash but contains tiny particles that 'polish' the skin as you massage it.

The particles can be made of anything from crushed shells or nuts to polythene beads. As you wash with the scrub it removes dead skin cells and debris revealing the smoother skin underneath.

It will also help to release in-growing hairs and get the skin ready for a really close shave.

Use a body scrub all over the body and a face scrub (usually with smaller particles) on the face and neck.

**Shave:**

Shaving everyday can be stressful for the skin.

Using shaving gels with gentle botanical extracts and natural foaming agent's gives great glide for the razor but protects the skin, giving a better shave and improving skin long term.

**Moisturise:**

Application of a moisturiser is vital to keep the skin supple and protected especially after shaving, just choose one which suits your skin type and a texture you like.

Some men like to apply a toner after shaving but remember that the skin is very vulnerable and a strong product may dry the skin and cause redness.

It is better to apply a soothing balm to calm and protect your skin.