

Grooming

Now that you know how to dress, what to wear and how to act, the last thing is your grooming. Taking care of these details are essential to a complete and positive image.

Over the past few years I have worked for many 'out-placement' companies helping men who have been made redundant find new positions with other employers. It is distressing to realize that with the down-sizing of companies often the remaining staff of a department are all a similar standard and yet when still more people need to be dismissed the choice of whom to choose will often come down to things like personal hygiene and grooming.

Continually having bad breath, shirts always stained yellow under the arms, body odor and dirty greasy hair all make the decision easier for managers when a choice had to be made. Unfortunate, even unfair you may say, however there is no excuse for poor hygiene or a slack attitude to grooming and no employer should have to put up with employees who make life unpleasant for those they work or do business with.

Showering and Skin Care

Shower at least once a day, twice if you work-out after and are going out to dinner. If you feel you have a particular problem with body odor use a soap designed to combat this problem. Dry yourself off well, as damp skin causes all sorts of rashes and can lead to chaffing. Immediately after showering apply a moisturizer to your face / body. While your skin is warm it will be absorbed much faster and will not only improve the look and feel of your skin, it will also make shaving easier by softening the hairs and protect your skin. Skin care in fact is something that you should be doing twice a day. Modern men are not afraid to look after their skin, it is no longer considered something that only females do. It is a sensible, intelligent practice that will maintain your skin in peak condition and hold the ravages of time at bay. If you have dry skin, you are better to cleanse your face with a lotion designed for dry skin rather than use soap which often leads to rashes and irritations.

Deodorants are a must, and if you need a formula that both stops wetness and odor I suggest you get one labeled anti perspirant deodorant as some only perform one or the other function. Oh and remember, deodorants do not work when applied to wet skin, so dry yourself well first.

Shaving

Shave while your body is still warm from the shower and if you plan to shave with a razor, wait a minute after applying the shaving cream to allow it to set as this also makes shaving easier and results in a cleaner, smoother shave. After shaving instead of applying an after shave, which only shocks the face, use a toner. Toners will remove any excess cream and will close the pores while not insulting your face with a severe stinging. Applied using a cotton ball or cotton pad, simply moisten the pad with the toner and wipe over your face in an upward and outward motion. If you use an after shave lotion, do not apply a scented cologne (even if it's the same fragrance), worn together they are way too powerful and can cause headaches or nausea for others around you. In fact, do not wear any fragrance that is anything but subtle. Finish this with an after shave moisturizer.



How to Get The Perfect Razor Shave

- 1) Shower before shaving to let the steam and water thoroughly soak and soften your beard. This will make the hairs softer and easier to shave.
- 2) Cleanse your face using a cleanser from a high quality skin care range.
- 3) Just before shaving apply a hot, damp facial towel to your face to open the pores and plump the whiskers.
- 5) Apply a shaving cream and allow a minute for it to soften the beard. At the same time run your razor under the hot water.
- 6) Shave with the grain of your beard.