

Essential Skincare Tips For Men

Description

Think skincare is just for women? Think again! Having a skincare routine is important no matter what your gender. From tackling common issues such as dry skin, to bigger issues like dealing with [TSW](#), to helping to slow the signs of aging, the right skincare will make a big difference to your skin and could even help you grow in confidence.

While soap and water might have been your go to in the past, it's time to change things up and make sure you use the right products to help you see a big improvement in your skin. Get ready for a whole new you with these essential skincare tips for men.

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Cleanse twice a day

Cleansing your skin is important to help wash away dirt, sweat and grime as well as help boost your unique complexion. Also known as “face wash”, there are some excellent [cleansers for men](#) on the market.

Cleansers have different properties. If you have oily skin, make sure you choose one that’s designed to keep oil at bay, and likewise for dry skin. Your skin should feel fresh and clean after cleansing, and can even help to wake you up in the morning. If your skin feels too tight or feels uncomfortable, then your cleanser might not be right for you.

Regular cleansing will help prevent blemishes, so if you go to the gym or workout, remember to cleanse afterward to stop sweat from clogging your pores, causing those nasty breakouts.

Do it when you shower

If your skin is something you tend to neglect, why not incorporate your skincare routine into your regular shower? Keep your products within easy reach, and you’ll save a lot of time. Warm water also helps to open up your pores, which is great for helping to clear them properly.

You should also think about [shaving in the shower](#). If you have sensitive skin, then shaving in the shower can help make the process smoother, meaning you’ll be less likely to be irritated. Give it a try and see if it makes a difference the next time you shave!

Start exfoliating

Exfoliating is the process of removing dead skin cells, helping to leave skin smooth and adds another level of cleansing.

There are two kinds of exfoliators: manual and chemical. A manual exfoliator features some kind of scrubbing agent that helps to remove skin cells, and could also apply to an exfoliating sponge or face cloth. These types of exfoliants can be harsh, especially for sensitive skin, and are only recommended for use once or twice a week.

One of the benefits of exfoliating is that it can help give you a closer, smoother shave as your skin will be smoother for a razor to glide on. It can also help to remove some of the build-up caused by shaving that can lead to blemishes, bumps and of course, the dreaded ingrown hair.

Meanwhile, a chemical exfoliant works using different ingredients, such as lactic and glycolic acid, which can help to loosen dead skin cells with no scrubbing involved. Chemical exfoliants often come as toners or serums that you apply overnight.

There is a lot of choice when it comes to [exfoliators for men](#), you just need to find the right one for your skin type.

Put a stop to spots

If you suffer from pimples, whether frequently or infrequently, youâ€™ll know how embarrassing and unwelcome they can be. Women have the benefit of being able to cover them with makeup (something you could try too!), but there are things you can do to get rid of them fast.

Cleansing and exfoliating are good ways to start, but you can also invest in spot treatments to help tackle blemishes. There are many types of products you can apply before bed to help reduce spots, ease the redness and make them less sore to touch. After a day or two, your blemish will be gone and youâ€™ll feel much more confident again.

One piece of very useful advice is never to pop the spot. Doing this can cause your skin to rupture and bruise, leading to infection. As the broken skin tries to heal itself, thatâ€™s when things will start to become crusty and difficult to hide. Itâ€™s best to apply a spot treatment and leave it the hell alone.

Try a toner

Toners are fantastic for providing an extra cleansing boost, as well as delivering a dose of nourishment, especially if you have oily skin. Applied after cleansing, toners can help ease different skincare concerns, and can leave your skin looking brighter. Toners arenâ€™t a necessary part of your skincare routine, but they can provide you with additional benefits if youâ€™ve got the time to add in another step to your morning routine.

Use a face mask now and then

While you might think a face mask is taking things too far, there are actually a number of benefits you could experience from treating your skin now and then. Face masks can provide a more intensive dose of your required ingredients and could help tackle anything from dry skin to dulling skin. Used once or twice a week, a face mask will leave your skin feeling renewed and refreshed, making it look younger and glowing

Choose the right moisturizer

If you do nothing else, make sure you moisturize. The importance of a good moisturizer canâ€™t be stressed enough â€“ itâ€™s important to feed your skin and keep it hydrated. There are all kinds of moisturizers out there, from ones designed to [help men with aging](#), to those that will ease sensitive skin, particularly after a shave.

Moisturize twice a day to see the benefits. It could be a case of trial and error to help you find the right one for your skin type, so try to use samples in the first instance where possible. With your skin left looking clean and hydrated, instead of oily or dirty, you can start your day knowing your skin looks great.

You can ditch the aftershave

Do you know the history of aftershave? It was actually designed to help prevent infection following a shave, with the alcohol designed to fight bacteria (hence the sting!). Razors have changed a lot over the years, making cuts rarer. Traditional aftershaves are starting to lose their place, but you could always choose a hydrating variety to help give you a smoother post-shave result.

Hydrate

Skincare isn't just about the products you use; it's also about the things you do to keep your skin looking great. Staying hydrated is one of them. Drinking your recommended daily amount of water will help to keep your skin from drying out, and stopping it from looking tight and wrinkled. There are some great [tips to rehydrate](#) that will ensure you're always hydrated.

If you work out a lot, it's hot or you're particularly sweaty, then remember to increase your water intake, it will help.

Protect your skin from the sun

Protecting your skin against the sun is one of the most important skincare tips there is. Not only are you protecting yourself against skin cancer, but you'll also help to prevent the signs of aging caused by UV and UVAs.

But applying your typical sunblock isn't enough. You need to make sure you're applying the right kind of sunscreen to stay protected. Look out for formulas that contain the right ingredients, and avoid those with nano-zinc ingredients. [What is non nano zinc sunscreen](#), you ask? Well, a sunscreen without nano-zinc could be safer for your body and the environment, reducing the amount of artificial chemicals applied to your skin. Choose a product with a high SPF, this will give you the best protection from the sun.

Don't forget your lips

In addition to caring for your skin, you also need to care for your lips. Keeping your lips soft and hydrated will help to prevent painful cracks and splits that can make it look like you've been in a fistfight!

There are some cool [lip balms for men](#) that will help soften your lips in no time. Apply before bed for an extra shot of hydration, and remember to use throughout the day as well to keep your lips smooth throughout the day.

As well as establishing a facial skincare routine, it is also crucial to show the rest of your body the same level of care and attention. Visits to the gym for intense workouts, hot summer days, and even everyday life can take their toll on the skin on your body. Keeping your body feeling clean and hydrated is essential to avoid issues caused by sweat, such as back acne and irritation in intimate areas. Using [ball-wash](#), which is specially formulated for use in private areas, is essential to keep you feeling fresh and protect your skin from irritation.

Caring for your skin is an important part of self-care. When your skin looks great and you feel comfortable in it, youâ€™ll be a much more confident person. Caring for your skin will boost your appearance but itâ€™s not all about looks â€“ itâ€™s important for your hygiene too. Starting a new skincare routine can encourage you to develop some healthy new habits, and youâ€™ll soon get used to your twice-daily routine. Adopting [daily habits](#) can bring order and structure to your life, helping you feel more in control than ever.

If your skin has been looking a bit dull and tired lately, then itâ€™s time to overhaul your skincare. Get started today and watch your skin transform in just a matter of days!

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