

## Men Facial Care Tips

---

Men usually don't care about our skin. It's a simple fact.

We tend to think we are made from an indestructible material, and that our skin is made of iron. And so, we go on in life, shaving everyday, standing in extreme weather on our vacations, and eating junk food. But hey, our skin is actually deteriorating each passing day, and it's not a matter of attitude, "machismo", or whatever you'd like to call it. It's a matter of health. And in today's world men facial care is even a matter of social life.

You may not know this, but we men, have very sensitive skin. I used to ignore this also, until I notice my skin was getting too dry, now I have to use baby's soap because the doctor told me that my skin type is very sensitive. He went on saying that a large portion of men have this same type of skin, and it is due to bad eating habits, lack of exercise and basic men facial care treatment . But what is most disturbing is that most men also ignore this, or they do not take proper action.

So what is proper action?

There are certain habits to take in consideration when you start caring about your facial skin care. Here are some tips that will help you get started in men facial care:

- \* Drink water, a lot. Water is good for overall health; it is a common advice to drink at least 8 glasses of water a day.
- \* Buy vitamin supplements. To have a healthy skin you should include in your diet multi-vitamins. Particularly helpful to your skin is the Vitamin E.
- \* Exfoliate your face twice a week. Exfoliation helps removing the dead cells on your facial skin, the result will be a skin free of impurities.
- \* Protect yourself from the sun. Keep in mind doing it in a healthy way, for example if you're staying too much time outdoors with a hot weather. Don't use too much, because sun blockers contain chemicals. Nowadays even some moisturizers have sun protection.

Remember this is all men facial care basic stuff. People have different skin types that have their own issues. You should visit your doctor if you notice anything strange in your skin. However this tips will help you in having a healthier, better looking skin. Bottom line is, start taking care. The web has plenty of information regarding these issues and is a good place to start.

### **About The Author**

Paolo Basauri is an expert author. You can find more tips for men facial care at <http://www.menskincaaretips.com> , your place on the web for men skin care. Find advice and articles to get a healthy skin.

---

Author: Paolo Basauri

Article downloaded from page [eioba.com](http://eioba.com)