

Four commandments for the STACHE



Remember the first time you shaved? It may have been about getting rid of the peculiar stubble off your face, but deep inside, you also felt that you stepped into 'manhood' (whatever that means!).

It is a feat. But soon enough, that feat starts feeling like an everyday mess you have signed up for life. Be it cuts or the very idea of wasting a good few minutes every day, the shaving routine can be far from being convenient. However, follow these simple rules and make peace with it.

THOU SHALT INDULGE IN GROUNDWORK

It is a good idea to take a shower before you shave. The steam from the hot bath will prepare your skin by making the beard easier to cut.

Or, grab a hot towel; a simple washcloth should suffice. If you want to calm your nerves before a difficult day at the office or unwind yourself after long hours of work, apply perfumed essential oils to the dry cloth before dipping it in warm water. The essence of, say, lavender, will give you the much-needed indulgence you deserve. The treatment will also take out dirt and dead skin cells.

THOU SHALT OWN A BESPOKE KIT

Every man is entitled to a decent shaving kit. The contents of that perfect kit will vary from person to person. You may opt for a pre-shaving cream. You may choose between shaving gel and foam.

Invest in a shaving brush, one that would exfoliate your skin and also help the blade cut through the hair more smoothly.

And the razor itself comes in many variations. From the pivoting handle to the multi-blade feature — they applied the science for the perfect shave, you decide

on the art by picking what works best for you. There is also a wide array of aftershave products. You may, for example, not want to use an alcohol-based one if it does not suit your skin.

Your shaving kit should be your very own personal selection of tools required to make for a hassle-free, relaxing treatment.

THOU SHALT NOT GO AGAINST THE GRAIN

Do not rush. Do not apply extra pressure. And definitely do not forget to rinse off the razor frequently to get rid of the hair or foam build-up.

Do shave along the grain. Essentially, it means that you will pull the razor in the same direction as that of your hair growth, not against it. Generally speaking, shaving against the grain increases the risk of getting those nicks and burns. So, notice the direction of hair growth carefully as it varies from one area of the face to the other.

THOU SHALT NOT LEAVE SKIN HIGH AND DRY

Have a go at it for the second time if necessary. Then, bring out your aftershave product. The treatment will not just give a cold and soothing feeling to the skin, but also help it heal from any cuts as many after-shave products contain antiseptic elements.

Finally, it is very important to apply a moisturiser to ensure that your skin has been properly rehydrated.

—LS Desk
Photo: LS Archive

#Movember

For us Mo-bros, November is the month where we spare the moustache from the shaving ritual. Although now very popular, for those who do not know, the Movember movement, simply put, is all about growing a moustache during the month in order to raise awareness (and money) regarding men's health issues.

It is almost mid-November (or mid-Movember!). And now is perhaps a good time to ponder whether you are making good use of it. If you are in fact keeping the moustache, do it in style. And there are a large number of styles to choose from.

Sport a stylish one, or go for a more eccentric look. This is also your opportunity to look a bit more like your favourite superstar with a moustache, be it Dali or Hulk Hogan.

Or just opt out for a 'normal' one if you do not want to be ambitious or to go overboard with the execution.

Movember is all about men's health. Make sure you understand the issues concerning this, from testicular cancer to prostate cancer. Make yourself aware of the symptoms, causes, and the precautionary measures one may take.

And then talk about them.

Whatever style you may have boldly adopted for your moustache, by now, you must have started to draw attention of others to it. Take this opportunity to talk about the issues surrounding men's health.

After all, is this not what Movember is all about?

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* সন্নিহিত থেকে প্রাপ্ত