

SKINCARE BASICS

all men should know

There's something about men and skincare that feels like a running joke. Ask a man about his skincare routine and you'll often hear one of two classics: "Routine? I just use soap. On everything" and "We're men! Our skin is supposed to be rough."

And yet, these are often the same men who, come winter, wonder why their face feels like a sheet of sandpaper or why shaving burns.

Men do have different skin from women. It's thicker, oilier, and produces more sebum. That's why breakouts and blackheads love to camp out on male faces. Plus, frequent shaving means more irritation, dryness, and ingrown hairs.

So yes, your skin might be "tougher," but that also means it's more prone to buildup, blocked pores, and that delightful post-shave sting that could be avoided with just a little care. The routine: Simple, quick, and foolproof

Skincare is not rocket science. You don't need a 10-step K-beauty regimen, a vanity full of serums, or any product that smells like rose petals. In essence, you need three things — cleanser, moisturiser, and sunscreen.

A proper facial cleanser is designed for the skin on your face, which, unlike your elbows or knees, is thinner and more sensitive. A good cleanser removes dirt, sweat, and excess oil without stripping away your skin's natural moisture.

Oily skin often overproduces oil because

it's dehydrated. Moisturiser on the other hand, acts like a tiny shield that locks in moisture and keeps out pollution and dryness. Whether you have dry or oily skin, a lightweight, non-greasy formula, keeps your skin balanced and prevents that midday shine that makes you look like you have been deep-frying samosas on your forehead.

Lastly, if there were an award for Most Ignored Product by Men, sunscreen would win every year.

Sunscreen isn't just for the beach; it's for every day that the sun exists which, last we checked, is all of them. UV rays cause premature aging, uneven tone, and sunburn, even through windows or on cloudy days.

And honestly, applying sunscreen takes less time than arguing that you don't need it. Pick one with SPF 40+ and apply it every morning — yes, even when you're just going to work. Shave, don't burn! Shaving, while necessary for some,

is basically a form of skin torture. Constant scraping leads to dryness, redness, and razor bumps. To make life easier, shave after a warm shower, when your pores are relaxed. Use a proper shaving gel — not the soapy foam your granddad used in 1962.

Most importantly, and this cannot be stressed enough about, moisturise afterward to calm the irritation. Splashing your face with aftershave that burns isn't "refreshing." That's your skin screaming!

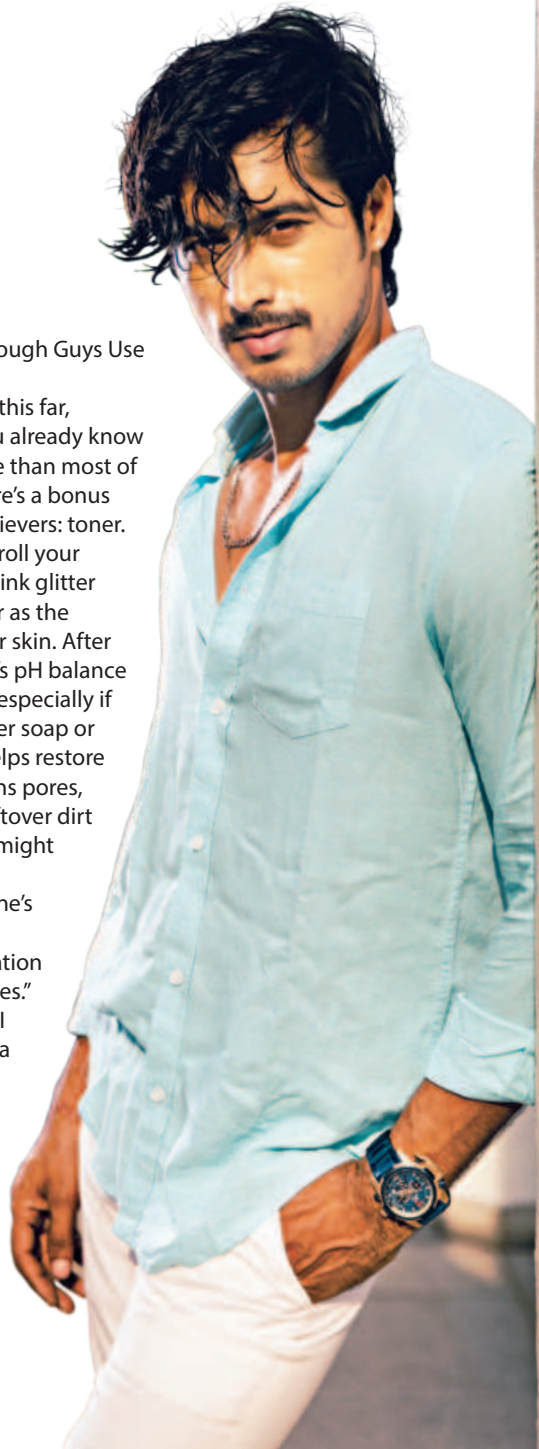
Final Thoughts: Tough Guys Use Toner (Sometimes)

If you've made it this far, congratulations! You already know more about skincare than most of your friends. But here's a bonus step for the overachievers: toner.

Now, before you roll your eyes — no, it's not pink glitter water. Think of toner as the reset button for your skin. After cleansing, your face's pH balance can get thrown off (especially if you've used a harsher soap or face wash). Toner helps restore that balance, tightens pores, and removes any leftover dirt or oil your cleanser might have missed.

Gentlemen, no one's asking you to start talking about "hydration barriers" or "ceramides." But it's 2025 — the "I just splash water" era is over. So next time you're tempted to skip because it feels unnecessary, just remember — neither do cars need washing. But they sure look a lot better when they're clean.

By Nusrath Jahan
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