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Face Value

TREAT AND PAMPER: FIND OUT HOW YOU CAN TAME YOUR SKIN TROUBLES WITH A FACIAL.

Under the deft fingers of a facial specialist, your face will feel like a million dollars. If she's really good, you may even knock out for a 15-minute power nap.

"The purpose of facial is to keep your skin clean and healthy," says Fauchon Eng from For Him Men's Spa. You also get to work with a facial specialist on ways to improve the condition of your skin.

"A facial specialist will first analyse your skin and recommend the most suitable treatment," says Dr Michelin Ong from Cristalle de Paris. "This is necessary because everyone's skin is unique." For example, you may have oily skin and not be prone to spots, or combination skin, which is dry in some areas and oily in others.

How often you would need a facial depends on your lifestyle. "We recommend that men who are physically active and spend a lot of time outdoors have it every five to eight days. Otherwise, just twice a month would suffice," says Fauchon.

SOOTHE SENSITIVE SKIN

If you have sensitive skin that is prone to problems like redness, itching and acne, you'll benefit more from gentler types of facials.

"It's important that the ingredients in the products used during a facial is gentle for people with sensitive skin," says Dr Ong.

"Our Lemieon treatment, for example, uses organic plant extracts that is custom-blended on the spot to suit the client's skin type. We also eliminate the extraction process, which can aggravate sensitive skin, and allow the skin to clear itself out naturally."

WHERE CRISTALLE DE PARIS, 56 Temple Street

CONTROL OILY SKIN

Men's skin is about 15 per cent oilier than women's. It is also thicker, with larger

pores that may trap dirt and pollutants. This can result in dull-looking skin, acne and over time – pigmentation.

"Oil-control facials are popular among male customers," says Fauchon.

During the facial, your skin will be cleaned of surface oil and dirt. Your pores will also be unclogged of blackheads and whiteheads, and the skin will be sterilised against bacteria. A mask is then applied to enable your skin to heal.

WHERE FOR HIM MEN'S SPA #06-02 Pacific Plaza

REPAIR POCK-MARKED SKIN

Acne and chicken pox can leave the skin with deep scars and discolouration.

"To improve the surface of the skin, I use two types of lasers,"



Leave it to the expert.

says Dr Alvin Wong, medical director of SKN Medical Spa.

"The first targets uneven skin tone, and the second smoothens the skin and tightens open pores." The laser facial takes about 30 minutes, and it begins with a relaxing facial wash and massage. "After the facial, your face will feel warm and you'll need three to five days to completely recover," says Dr Wong.

WHERE SKN MEDICAL SPA, #03-21 Centrepoint

RECHARGE YOUR SKIN



What you do in your life shows up on your face. Due to their hectic careers and lifestyles, most men in their 20s and 30s face irregular eating habits, lack of sleep and stress. Skin experts say these factors can upset the natural balance of your skin and slow down skin renewal. That, in turn, causes dead cells to build up and leaves you with a complexion that's dull and rough. To combat these effects, **Energizer Total** from **Lancome Men** (\$95, at leading department stores) combines glycolic acid, which removes dead skin cells, with adenosine triphosphate to "revive" the skin and make it resilient.



NAIL IT

Your four steps to smart-looking nails.

Men's fingernails are larger and thicker than women's – they also grow

faster. To keep your nails clean, and to get rid of cracks and snags that can result from your day-to-day physical activity, just use this simple regime once a week.

STEP 1: Wash your hands and dry them with a towel.

STEP 2: Use a pair of nail clippers to cut your nails. Generally, cutting an oval shape works best. Next, use a file to neatly shape

it and remove those jagged edges.

STEP 3: Apply a cuticle softener to your cuticles. Wait for a few minutes until it dries out, and then soak your fingers in warm

water for a minute to soften your cuticles. Then, gently push them back with a cuticle pusher.

STEP 4: Dry your hands and apply some hand cream.