

THE GROOMING CLUB

Express Yourself...

through what you wear!

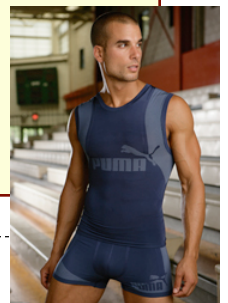


Expressing yourself through what you wear is a great way to let people know your sense of personal style. It's also a great way to let what you wear help you feel great about yourself. When you wear something that looks great on you and that you're excited

about, that will give you a sense of confidence. That confidence will shine through and let everyone know that you expect to be treated with dignity. Try expressing yourself with different styles of clothes until you find a style that your comfortable with.

Working Out In Style

For those of you who work out at a gym (instead of working out at home), make sure you're aware of what you're wearing! Even though you're going to work out, make sure what you've got on is helping you feel like you're the hottest guy there! There are so many options now when it comes to athletic t-shirts, tanks and even in workout shorts/sweats. Why not get noticed at the gym for more than just your body! Even if you're wearing a plain white T and an old pair of shorts/sweats, make sure everything fits and is clean. When you wear clothes that make you feel good, it helps to make you feel good about yourself. The same goes for what you're wearing at the gym. Work out in style get noticed!



MEN AND JEWELRY - WHY NOT?

Are you someone who is thinking about buying jewelry for yourself? If so, go for it! A great ring, necklace or bracelet can really spice up your look! There are so many options these days. For example, dog tags are very popular now. Of course they come in all different price ranges. I personally like the dog tags from David Yurman. He is



extremely creative when it comes to design. Of course the prices range from about \$350 - \$1,900 depending on which one appeals to you. The one in the picture goes for about \$650! Even if you find a much cheaper one, it will still give you that sexy look. So try some jewelry on - you just might like the way it makes you feel!

john varvatos



John Varvatos "Skin" care line for men IS IN!

John Varvatos, a respected name in the fashion industry since 1983 has come out with a fantastic skin care line.

Created in conjunction with Shiseido Research & Development, the John Varvatos Skin Care Line is comprised of high quality products designed to effectively treat and care for men's skin. Each item was developed with the latest technology using the highest quality ingredients and natural extracts as well as a large number of vitamins and nutrients essential for healthy skin.

The line was created while keeping in mind the needs of the modern man—it is fragrance free, easy to use, and feels great on the skin. Even the bottles feel like "Skin" which is the name of the line.

Products such as Multi Vitamin Serum, Balancing Face Mask, Hydrating Facial Gel, Pore Refining Mattifier, and Concealer are some of the more targeted and advanced products while items such as Essential Facial Cleanser, Toner, Eye

Cream and Shave Products are basic products with extraordinary ingredients.

Prices ranges from \$22-\$59.

So far I have tried the Essential Face Cleanser with key ingredients like Vitamins C and E, with grape seed, lemon and raspberry extracts. It leaves the skin super clean, but not dry.

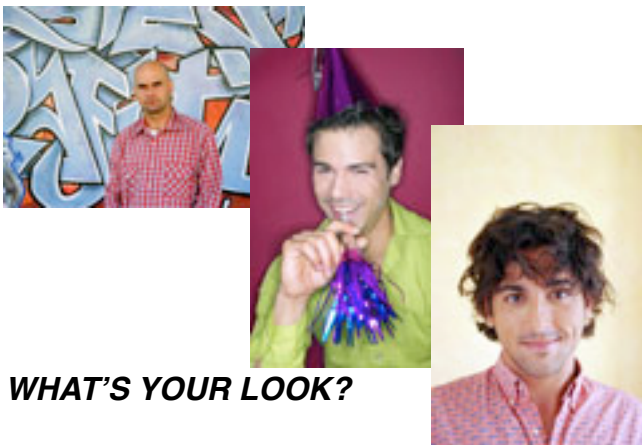
I've also tried the Face Scrub. The key ingredients in the scrub are Jojoba wax exfoliating beads, Oat amino acids, Pro-vitamin B5, Soybean protein, Cola nitida seed extract, Paullinia seed extract, Earth minerals. It not only works really well, I like that it's not too harsh on the skin like some other face scrubs. It also leaves the skin with a cool minty feeling.

The other great product I've tried is the Multi Vitamin Face Serum. The Multi Vitamin Face Serum has some great ingredients in it such as Ceramide 3, Barley extract, Tomato extract, Phospholipids, Earth minerals. I not only like the ingredients but recommend it because it goes on smooth and leaves the skin looking great without looking shiny.

John Varvatos Skin - Continued...

You don't want to use a moisturizer that leaves your skin looking oily!

I highly recommend the John Varvatos "Skin" care line for men. When I try some of the other products from the line I will let you know the results.

**WHAT'S YOUR LOOK?**

Have you ever thought about what your look is? Have you ever wanted to try a different look? Have you ever wanted to go more conservative, or more wild with your look? There's no right or wrong answer to these questions. The point is to think about the answers as they pertain to you and maybe give in to trying a different look to see what you think! I know someone who likes to wear black t-shirts with black jeans! That's his main outfit. If that's you, or some version of that, think about expanding your horizons, or should I say wardrobe. You may discover that different colors may actually improve the look of your skin. Just by wearing a lighter or darker color can do that. The same goes for pants, suits, ties, etc. Make sure you're wearing a color that is helping to improve your look instead of hindering it! You may also find out that wearing something different gives you a good feeling, or an unexpected feeling just from what you have

on! If you think you know you're "look", just for the fun of it try a new look and see if it's something you may want to incorporate into your life.

Q & A: To submit your questions, please e-mail thestylish@thestylishman.com.

Q: From Adam. "I bought your ebook and there is a lot of good info. in there. Could you please go into a bit more detail on how to use the blackhead extractor to remove blackheads. I've heard incorrect use can cause permanent scarring so I want to make sure I get the technique 100% right.

A: Yes, permanent scarring can happen if you are extremely harsh with your skin when using the blackhead extractor. The key is to use a good facial steam machine - like the one I recommend in the e-book. Make sure to not rush it, let it steam your face for 5-7 minutes so it has a chance to really open the pores. Then gently use the extractor. Until you get used to it perhaps don't overuse it the first few times. Extract some of the blackheads, but don't go haywire spending too much time on it. After you get used to it, you'll get the hang of it.

ITCHY SKIN HELP:

There's a great product out there I want everyone to know about. If you have itchy skin due to the winter, or from showering, try Calendula Lotion from Boiron. It's a homeopathic lotion that stops the itch and helps to heal the skin.