

# Boy Beauty:

## HOW TO CURE YOUR POST-PRIDE SKIN HANGOVER

So, you've done Pride, you also did another pride. You did London, Soho, Brighton and Manchester Pride. You're one proud guy! But after consuming enormous amounts of alcohol your skin is looking less Zac Efron and more Gordon Brown. New York-based ENRIQUE RAMIREZ, one of the world's foremost skincare experts, calls it a 'Skin Hangover'. Here are his tips on how regain beautiful skin.

After you wake up sometime in the afternoon after a long night out of partying and drinking, and following your first cup of coffee, wash your skin with a milky cleanser (this type of cleanser doesn't strip any moisture from the skin) and warm water.

Immerse your body in a warm bath mixed with essential oils, preferably Eucalyptus or Rosemary, which are excellent to stimulate your sinus and your senses. The oils in the warm water restore the moisture level of your skin and also address **achy muscles** from dancing in your cute, but tight, Prada loafers.

During the warm bath, apply a hydrating mask –the Hydra Floral by Decleor Paris works wonders! If you don't have this in your beauty cabinet, mix honey and sour cream and slather onto your parched visage and leave on for about 15 minutes.

Mix cold water with a cold cucumber in a blender to create a cucumber eye mask. In a paper towel, apply a spoonful of the mixed cucumber and fold the paper towel to create an eye mask. Excellent way to target puffiness and dark circles and the oldest trick in the book!

When you get out of the tub, pat dry your body and face. Massage onto your body an oil-based lotion such as Neutrogena Body Oil which seals moisture and the massage motion stimulates circulation to deliver fresh blood to your skin.

Spritz a hydrating toner on your face, followed by a heavyweight moisturiser.

Let's not leave behind the electrolytes to balance your inner levels of moisture. Drink a few bottles of Gatorade or Vitamin Water, which both offer a good source of magnesium, potassium and sodium to put you back on track!

Your body will feel dewy after these steps leaving you ready for the next round of hitting the club scene!

Enrique Ramirez is one of the world's foremost skincare experts, and founder of New York's prestigious celebrity hotspot, Face-to-Face NYC day spa. Enrique's spa is one of only a handful of spas internationally that specialises in men's skin. Face-to-face NYC is located at 20 W 20th St, New York, USA. [www.facetofacenyc.com](http://www.facetofacenyc.com).

