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How to Look Cool When It's Hot



Written by menslifestyleb | July 30, 2012 | Comments Off

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How to Look Cool When It's Hot

By Enrique Ramirez, celebrity men's skincare expert and founder of New York's face to face nyc day spa.

Gentlemen, Summer is in full swing and so is our body heat. Here's a few quick and instant tips to keep you cool, fresh and dewy.



First, always shower with cold water. Hot water strips the natural oils from the skin, which will only cause skin dehydration, and then stimulating oil production leaving your skin with a shiny look.

Next, always look for 'Menthol' or 'Peppermint' in shower gels or skincare products. These main ingredients will give you an instant cold tingly sensation, making you feel fresh and cool. AHH!

Excess body hair is like wearing an extra layer of clothing. In the hot summer months, who wants to feel that way? If in New York, book with me or go to your nearby salon to trim, not shave, excess body hair such as on the chest, back or below the waist.

Not only will you feel cool and comfortable but looking sexy and appealing to the lustful eye is always a plus. Studies have shown that women (and men) prefer a well-groomed guy to mate.

Lastly, head to your nearest department store and check out the slew of men's summer talcs to keep that not-so-fresh feeling at bay.

Many of these summer talcs contain tea tree oil, which is perfect to treat jock itch, and lavender to provide you and the boys with summer relief.

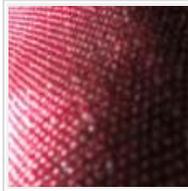
Enjoy and stay cool!

Enrique Ramirez is the New York City-based founder of one of the country's foremost day spas specializing in men's skin, face to face nyc, in Manhattan's Flatiron District. Enrique is a celebrity skincare expert who frequently provides men and women across America with the best tips for having glowing, healthy skin and looking their most beautiful. He has been featured on the NBC Today Show, as well as the Howard Stern Show, and in publications such as the New York Times, Glamour, Good Housekeeping, American Spa, Les Nouvelles Esthetiques, and Dermascope, among many more. For more information, visit www.facetofacenyc.com, or call (212) 633-0404. Face to face nyc is located at 20 West 20th Street, Suite 603, New York, NY.

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