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## How to Cure the Skin Hangover

Posted on 11 February 2009 by admin

*This is a guest post by Enrique Ramirez, one of the world's foremost skincare experts and founder of New York's popular male celebrity hangout, [face to face nyc](#).*



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

Get in a warm bath mixed with oils, preferably Eucalyptus or Rosemary, which are excellent to stimulate your sinuses and your senses. The oils in the water restore the moisture level of your skin and also address achy muscles from dancing in your spiffy, leather Prada loafers. Just don't get into the bath with those loafers or you might have another hangover you don't need.

During the bath, use a hydrating mask. I recommend the Hydra Floral by Decleor Paris. If you don't have this available in your cabinet, mix honey and sour cream together, and spread onto your dry face. Leave on for about 15 minutes.

Use the oldest trick in the book. Mix cold water with a cold cucumber in the blender to create a cucumber eye mask. In a paper towel, apply about a spoonful worth of the mixed cucumber and fold the paper towel to create an eye mask. Don't worry...you're safe. No one will see you, dude. It's an excellent way to target puffiness and dark circles caused from waking up late with a pounding headache.

When you get out of the bathtub, pat your face and body dry. 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 heavy-weight moisturizing cream.

Let's not leave behind the electrolytes to balance your inner levels of moisture. Drink a few bottles of Gatorade or Vitamin Water that you have from your recent soccer tournament. Both offer a good source of magnesium, potassium and sodium to put you back on track.

Your body will feel fresh and revived after these steps leaving you ready for the next round of hitting the bar scene.

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