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THURSDAY, APRIL 26, 2007

Men and The Spa



Did you know that that one out of every three spa visitors is a man? That is what researchers at [Allure Magazine](#) found out.

It does not surprise me as I think men are wanting to take better care of themselves - for their personal appearance at work, for their partner and just because it makes them feel better. A man having a facial, manicure or

pedicure should not be taboo.

My husband went for his first facial at Christmas time and he LOVED it. It made him realize that he needs to look after his skin and now he uses a good face wash and....a moisturiser!

Here are ten tips from Enrique Ramirez, Spa Director of [Face to Face NYC Day Spa](#), on what men should know before they go to the spa:

"1. Shave before a facial.

Although not a major requirement, it does make a difference to your facialist. A smooth beard area gives the opportunity to treat any signs of razor burn, ingrown hairs, or neck irritation caused by use of an old razor. Otherwise, these concerns will go unnoticed.

2. Arrive 10 minutes early before your appointment.

This will allow you a stress-free check in. Many spas require an intake form to be filled out before your scheduled treatment. It also gives you time to change, freshen up or decompress.

3. Underwear is a choice.

For those shy fellows, you do have a choice to keep on your tighty whities or go commando during a massage or body treatment.

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Whatever you choose, it will be fine with your professional spa technician. No need to explain!

4. Shower before a massage.

Make a point to arrive early so you can hit the shower; a squeaky clean scent will make your masseur want to rub instead of run!

5. Tip your spa technician.

Show appreciation to your spa technician with a 15-20% tip. Your spa technician will remember and will take extra special care of your face next time you're in the spa.

6. Turn off cell phones and mobile hand-held devices.

Spas create a soothing, relaxing and mellow environment to help you whack crazed nerves or tension, which can be ruined with the piercing sound of a mobile phone. Show that you're a guy with good manners and shut them off.

7. Don't put on body lotion before waxing.

It will make your back waxing less painful and easier to remove the strip wax. Also, it's very important that you inform the technician if you are using Retin-A or Accutane, as this will avoid an awkward moment when your skin is being removed along with your hair.

8. Keep voices down when entering the spa.

Calm and reflective tones are welcomed! You're not at the Super Bowl.

9. Be open with your spa technician.

Inform your technician of any body, mental or skin 'imbalances' such as allergies, medications that may affect your skin, torn ligaments, claustrophobic etc. Your spa technician will then customize your massage, facial or nail treatment.

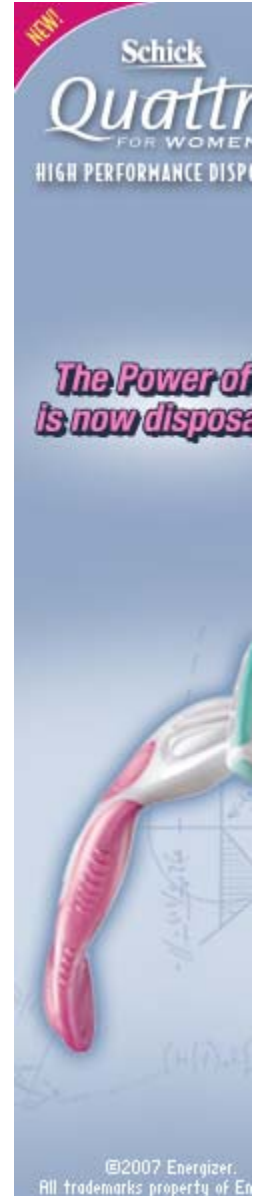
10. Don't work out after a spa treatment.

You've just paid all that money to relax your muscles. Why would you want to then go and tense them up again? "

Most spas have treatments specially for men so ask when you are booking. Also, why not go with your partner and make it a fun event!

Labels: [facials](#), [spas](#)

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