

MANLY *makeovers*

These days, skin care isn't just a 'woman thing'

DEAR SUSAN,

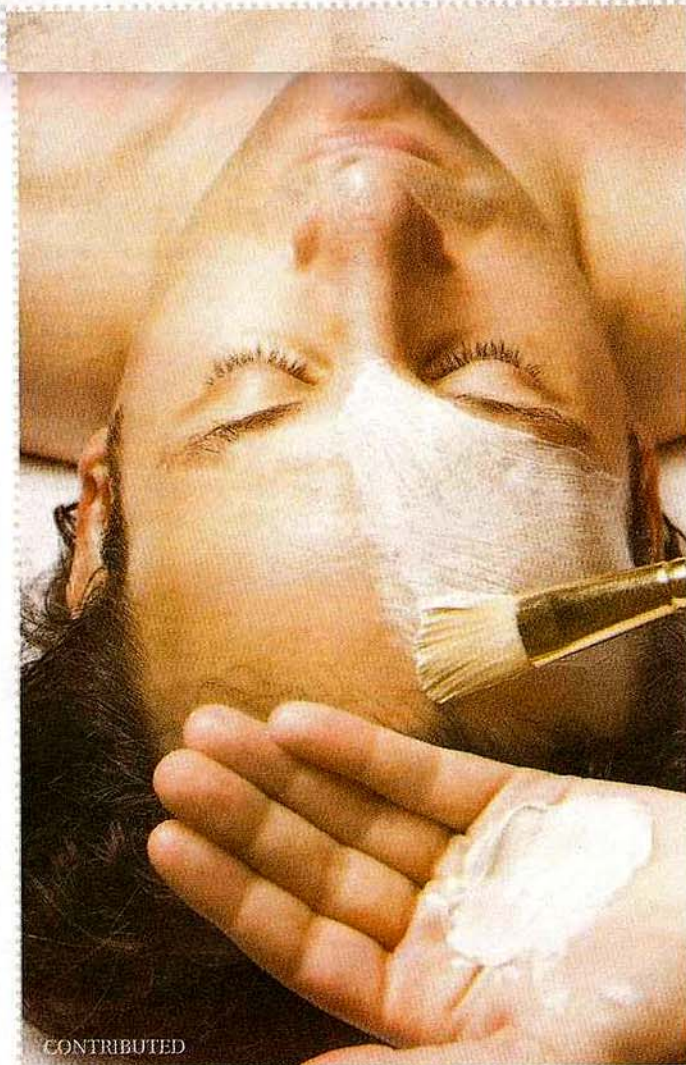
Do you have any ideas for Christmas gift giving that might interest my already-has-it-all husband? He is 40 years old and is starting to show the signs of aging. He has brown spots, uneven skin tones and early wrinkles. I want to get him started with better skin care, but I just don't know where to begin.

DEAR GIFT GIVER,

Instead of buying a set of products that might not be the best for HIM, give him a nice gift card and let a professional help him decide what he needs during a thorough consultation. More and more men are taking advantage of anti-aging services as the job market becomes tight. There are many services and treatments for men, including Botox, laser hair removal, laser skin tightening, and prescription strength skin care.

My own husband recently completed the full Obagi regime, and now he is on an Obagi maintenance plan. I had wanted him to use the Nu Derm system for quite some time. His complexion had become sallow and tired-looking over the years. Dark circles were beginning to show under his eyes. Then he started to notice the lines around his eyes and the little brown spots that were creeping up ever so slowly. He is, after all, 45 years old, and the years of life-guarding and boating from years ago were catching up with him.

At first, like most men, he was hesitant to commit to such an intensive program. But after a close-up view with a



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VISIA skin analysis, he was more than ready to get started. This computerized skin analysis showed that he had a lot of large pores, brown spots, and wrinkles. The sun damage spots under the skin were quite high, as well. So, back in June he began using the Obagi system, and quite religiously, I might add. Give a man

a goal and instructions on how to reach it, and they are there!

Of course, many men are wary of any routine that takes a great deal of time. Still, my husband was diligent to use all of the steps morning and night. At first, it took an extra 8 to 10 minutes every morning to do all that, but within a week



BY SUSAN ZAVELL

he had it down pat, and it only took him an extra 3 to 4 minutes or so to use all his "skin stuff." The results are rapid with Obagi, and the quick changes were very encouraging to him. Within a couple of weeks, the brown spots were fading, and things were evening out. Now, I am not saying he didn't have side effects — he did, I can assure you! There were times when he was very red and peely, and times that he moaned and groaned and asked, "Can't I just skip it tonight, honey? I am so sick of this!" Like any other person, learning a new habit took time. In the end it was all worth the trouble.

Now he gets compliments all the time about how young he looks. He could easily pass for someone in his early 30s, and most people can't believe he's 45. I am so proud of him for taking the steps to take care of his skin. It is fresh and even, the dark circles under his eyes are gone, and the wrinkles have greatly improved, and will continue to improve over time. It makes him feel better about himself to have healthy skin, and it matches his fit physique, I might add!

Now ... if I could just talk him into Botox and laser skin tightening. But that, dear reader, is a whole other story! Nonetheless, I hope this helps. Perhaps your husband just needs a little push, and who knows? He might just get hooked like mine did.

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