

TID-BITS

Chapter 15:/January 15th, 2002

Through information we obtain a powerful tool, knowledge. Therefore, how we use this information is very important. In our business we are concerned with our health and use our knowledge to make decisions that can affect us one way or another. **TID-BITS** are designed to give you information about products that have ingredients that might be harmful or undesirable. With this information, a more educated decision can be made as whether one will use that product or an alternative.

For The Guys!

Yes ladies, this one is for the guys! Over the years it has always been more socially acceptable for men to have a less than perfect physique or wrinkles. "Age makes men more distinguished", while us gals of the same age are often considered "over the hill".

Why should men take care of their skin? Well, the men of today are paying more attention to their appearance and are more aware of the importance and value of skin care products and sunscreens. So guys, what are you doing to yourself in that morning shaving ritual?

Besides looking great, one advantage to shaving is that it does remove the top layer of dead skin cells, which will improve cell turnover, at least where you shave. (So what about the rest of your face that also needs exfoliation?)

Most shaving creams and the pre-shave products contain irritating ingredients. These ingredients will make the hair follicle and skin swell, this forces the hair up and away from the skin supposedly allowing for a closer shave. This swelling becomes a set up for in-grown hair, breakouts and dry skin. What you probably thought was razor burn was more likely product burn. So now you have irritation from the product, irritation of having a razor gliding over your skin and then you are expected to splash on after shave lotion with more irritation on what is already abraded skin! "*Ouch*"

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In spite of what you have been told gentlemen, this is not masculine or macho! What it is though, is damage to your skin, and no strong smelling, masculine named expensive or inexpensive product is worth that.

Here are a few statistics from the Gillette Company:

- More than 1.6 billion men age 15 and older remove hair.
- In the year 2000, male-positioned shaving creams/gels accounted for more than \$1.3 billion in sales.
- In the year 2000, male-positioned blades and razors accounted for \$5.8 billion in sales.

Your shaving instrument is your personal preference, but you might want to reconsider the use of the following shaving products.

Aveda Men's Skin Care

Shave Cream:

Contains peppermint extract that can be a skin irritant.

Body Shop Skin Mechanics for Men

Menthol Shave Cream

The menthol in this product can be an irritant.

After Shave Lotion

The menthol in here would be irritating on newly shaved skin.

Clinique Skin Supplies for Men

Face Soap Regular

Same pore clogging problem as all bar soaps

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Clinique Scruffing Lotions:-1½, 2½, 3½, and 4½

These contain mostly alcohol and witch hazel, making this combination irritating.

Estée Lauder for Men
Close-Shave Cream

Contains menthol that can burn abraded skin.

After-Shave

Irritation waiting to happen with this product of just alcohol and fragrance.

Gillette
Gillette Foamy Lemon-Lime

The lemon-lime fragrance could be a problem on sensitive skin

Gillette Series Non-Stinging After Shave Splash
FOR: *Sensitive skin, Allantoin Enriched or Moisturizing After Shave*

All of these contain the irritation of menthol

Kiehl's for Men
Close Shavers Squadron Ultimate Brushless Shave Cream

Contains peppermint oil!

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Mary Kay for Men

Cooling Toner for All Skin Types

Contains the combination of alcohol, mint and peppermint. (*Ouch!*)

Ralph Lauren Polo Sport

Face and Body Soap

Standard lard & lye soap that clogs pores

Scrub Face Wash

Contains peppermint, grapefruit and menthol, combined this is very irritating.

Skin Bracer:-

Cooling Blue After Shave, Original After Shave, Pre-Electric Shave Lotion and Sports Talc After Shave

All contain mostly alcohol & menthol which can be too irritating for all skin types

These have been a small sampling of the many brands on the market. You wouldn't put these ingredients on a scrape or cut on any other part of your body so why your face. A good policy for men, if your shaving product tingles, burns, irritates your skin to become inflamed or hurts then don't use it. You will not experience these problems when using the Sensé, Skin Care line for your shaving needs.

Have a Sensé-tional Day!

Bea Kinnear

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mbkinnear@shaw.ca

Sources for this Chapter

The Gillette Company, Consumer Inquires

1-800-Gillette

Paula Begoun's Don't Go To The Cosmetic

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