

# Shaved By The Bell

(NAPSA)—The one thing most guys never have enough of in the morning is time. As the minutes tick away, many of us struggle to “beat the clock,” frequently bolting from the house minus breakfast, keys, sunglasses or all three. There are, however, ways to streamline your morning grooming routine and slow down the morning “rush hour.”

## Tool Time

The key to saving time is having the right tools. Because shaving is the cornerstone of male grooming, your razor is your most important tool. Look for one that offers a close, comfortable shave in fewer strokes. One to try: Gillette MACH3Turbo with “anti-friction” blades, increased lubrication and a more comfortable grip to deliver a superior shave, with less irritation, even when shaving against the grain.

Another important tool is your toothbrush. More and more guys are making the switch to power toothbrushes for easier and more thorough cleaning. The best power toothbrushes signal you after operating for two minutes—the length of time recommended by dentists for daily brushing—so that you can maximize your limited morning minutes.

## Multi-task

Make every minute count by combining tasks. Shaving gels and creams provide a protective blanket that prevents the evaporation of water and keeps beard hairs soft during the shave. So, while the gel is softening whiskers, brush and floss your teeth. Because skin differs in sensitivity, oiliness and texture, select a product that is designed specifically for your skin type. Consider the new Gillette Series line of shaving gels and after-shave



skin conditioners that address a variety of skin care needs.

If you've shampooed, let your hair air-dry while completing your morning routine. If you must use a hair dryer, do so when hair is barely damp in order to expedite the process—and prevent dry, damaged hair.

## Two'fers

Whenever possible, select a product that has been designed to do the work of two or more other products. Consider a deep cleaning shampoo with a built-in conditioner, an antiperspirant/deodorant that prevents odor and wetness and an aftershave skin conditioner that moisturizes and refreshes freshly shaved skin.

But perhaps the most important suggestion is simply “Relax.” The less stressed you are about making up time on a morning when you are running late, the more likely you are to do so. Think *Cool Hand Luke* rather than *The Fast and the Furious*.