

# NEWS OF Men

## Get Sharp About Shaving

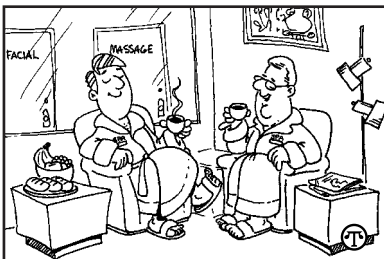
(NAPSA)—If you're like most men, shaving is just something you do before you face the day. By now, it's probably so familiar that you barely think about technique. This daily ritual is as routine as a morning cup of coffee. John Hopp, spa director at the JW Marriott Hotel & Resort Cancun, has some tips to perfect your daily shave as well as make it a more pleasurable and luxurious experience.

The key to getting the perfect shave, says Hopp, is to know your skin type. No one element can make or break your shave experience as much as knowing or not knowing your skin and accommodating its needs. If you have very dry, sensitive skin, use products that contain no alcohol and are gentle for the face. Oily skin would require a more aggressive astringent or anti-oil agent, such as witch hazel.

Once you have determined your skin type, Hopp recommends following these five easy steps to get the perfect shave:

- Take advantage of heat. Forget a cold shower in the morning to wake you up. Whether in the shower or gym steam room, allow yourself at least three to five minutes to prepare your beard for the shave. Hot water will enable your pores to open and soften the beard.

- Use a good blade. Whether it's an inexpensive disposable or a silver-plated antique razor, most important is that your blade is in good condition. Hopp recommends changing your razor blade at least three times a week.



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- Shave in the direction of hair growth. Even though Beau Brummell did it, never, ever shave against the grain as this will cause irritation, resulting in ingrown hairs and razor burn. For an even closer shave, relather and shave lightly across the grain.

- After shaving, rinse with cold water to close pores. Use an alcohol-free toner and light moisturizer to refresh and soothe the skin. A moisturizer with sunscreen protection is best.

- Give your skin a break. Almost as important as getting the perfect shave is allowing your beard to grow on your day off. Not only will you get the sought-after rugged look, but your skin will get a well-deserved break.

The JW Marriott Cancun Spa has been named one of the "Top 100 Spas of the World." The spa is known for its fabulous Mayan-inspired treatments utilizing the healing properties of avocado, papaya, honey and sea salt. For more information or reservations, go to [www.marriott.com](http://www.marriott.com).