

THE GROOMING CLUB

'Tis The Season...

What gifts do I get for my family and friends . . .



Can you believe it's already December and the holiday season is in full swing!?!? There's always the question of what gift to get for the people you want to get gifts for!

There are a few tips I can give you that will help you figure out what to get.

Of course, when you can, get someone something grooming related like a fancy shower gel, a small kit of skin care products, a shaving kit, an all natural cologne or perfume, bath salts, a gift certificate for a manicure/ pedicure, etc.

Holiday Grooming...

When it comes to this time of year, we're all invited to parties or having one. Whether it's a work related or personal gathering, make sure you're grooming is in check. First of all, make sure the "top 4" are taken care of at the least! Then, take it to the next level by giving yourself an at-home facial the day before a party, including blackhead extraction. Do it the day before to give your skin a chance to calm down and look fantastic for the party. Make sure to practice your "camera ready" look (as described in *Grooming Secrets For Men*) so that you'll be ready and confident when the holiday party pictures are taken! When it comes to what to wear, make sure it's comfortable, stylish, and festive looking. A red or green sweater with black jeans, a fancy button-down shirt with a pair of blue-jeans will do the trick!

WHAT TO GET FOR FAMILY, FRIENDS, CO-WORKERS...

First, let's talk about getting a gift for someone you know well. You have to ask yourself a few questions that will help you determine what to get:

1. Does he/she collect anything? (Some examples of collectibles they may be into are sports memorabilia, cars, boats, teddy bears, coins, CD's, DVD's, etc.) If they DO collect something you've got it made! Get them something that fits what they

collect. For example, say a friend collects sports memorabilia. You can get them a calendar that has pictures of his favorite sport or sport's team. You can get a book all about sports memorabilia and the values of the various collectibles. You can get a figurine of their favorite player. If she's someone who likes jewelry you can get her a nice ring, bracelet, necklace, etc. See where I'm going with this! There's

SKIN CARE ALERT....

Organic Skin Care For Men/Men's Shaving/Men's Body Care/Men's Cosmetics

www.kenmen.net

Natural Skin Care For Men

I am very excited to let you know about KenMen! KenMen has lots of products for men that are all natural!!! Their products come from the earth and are grown organically and together with the ancient knowledge of Herbal medicine are able to offer the very best ingredients which have existed for centuries and have been used by many cultures to cure health issues which Western medicine & pharmaceutical companies cannot even begin to address. What a fantastic focus KenMen has. I am happy to say I have tried several of their products and here's my review:

E-Male Rescue Lotion: This is a vitamin E-based moisturizer. It's a powerful vitamin enriched nutritive moisturizer, balanced with vitamins F,B,C, calcium, arnica and calendula. It's recommended for both face and body, especially as a foot & hand cream. Ideal for skins suffering from rashes or irritations & allergies. I simply used it as a face moisturizer and am very happy with the results. It spreads easily and does not leave the skin shiny and oil looking.

Flake-Off Pre-shave Scrub & Mask: A wonderful facial AND body exfoliant composed of bran, wheat germ, almond, oats, walnut extract and honey just to name a few, which make up this unique pre-shave facial scrub AND treatment mask. It's an effective yet gentle exfoliant mask which removes impurities and dead surface skin cells as it soothes the skin. Highly recommended as a pre-shave exfoliant to prevent in-grown hairs. Flake-Off is a gentle scrub which is a good thing so even sensitive skin can handle it. It can also be used as a mask to remove impurities from the skin.

Baby Face Healing Shaving-Cream: "Baby Face" is the result of incorporating nature's best ingredients with Essential Oils to create a shaving cream which could "adhere" to hair no matter how rugged the follicle. This

shaving cream is fantastic! You don't even need a shaving brush to apply it. Simply wet the face and apply the shaving cream for a smooth, nick-free shave. You no longer have to bleed to be smooth!

HYDRA-MIST After-Shave skin Repair-Toner:

Elixir-Hydrosol antiseptic toner for normal, mixed to oily skin types, to help control excess sebum and eliminate impurities. Ideally used as an after-shave toner to disinfect & close pores after shaving. This light, easy to use toner makes a great aftershave and leaves the skin ready for your daily moisturizer.

H2O-Synergie Shower Gel & Sea-Salt Scrub:

KENMEN "H2o-Shower gel Synergie in a tube" is the ultimate body wash combined with the most invigorating and gentle Bio-marine X-Foliant, performs double duty. This is a fantastic shower gel because it not only cleans the skin, it gently exfoliates the dead skin off the body! It's a great combination and is highly recommended!

BATTLESCARS - Healing Anti-inflammatory Repair Cream: "The name says it all" In a world plagued with pollutants and harmful free radicals, that intoxicate, and suffocate our epidermis, it is imperative that we take steps to protect and treat ourselves with the very best that skincare has to offer. "BATTLESCARS" Anti-inflammatory Detox Cream for face & body is the latest weapon in Men's skincare. Especially conceived for: Irritations & skin rashes due to waxing & laser procedures, sunburns or inflammations caused by external factors. It is the ultimate in anti-aging and anti-inflammatory creams. This body and facial treatment contains; Seaweed, Algae, Rosehips and Extract of Rosa Mesquita, a natural botanical, anti-inflammatory healing compound from Chile. These ingredients all combine to perform, HEAL and preserve a youthful appearance, under the most X-treme conditions.

X-Treme Lip Service - Healing Sport Stick:

Not your traditional "chap-stick" this Vitamin E lip balm is enriched with Shea Butter, Aloe, Sunflower Seed oil, Flax Seed & Barley Extracts as well as healing Rosemary oil. This is **the only** lip balm you'll need!

All of the above products have fantastic organic ingredients - that's what to look for in skin care products. KenMen also has a variety of **natural cold crafted soaps, bubbling bath melts, and therapeutic bath salts - ALL** worth experiencing!