



ICK FACTOR

Guys, we're onto your skin and hair sins—and they're not pretty. Here's how to clean up your act / by Ryan Porter

MISTER BURNS

The blotchy rash on your face or neck, known as razor burn, is triggered by some common slipups: using dull blades, shaving against the grain and skimping on shaving cream. You need more glide so the razor is “not just dragging on dry skin,” says dermatologist Dr. Jason Rivers of Pacific Dermaesthetics in Vancouver. Applying a gentle moisturizer post-shave will also help alleviate any discomfort.

GROWING PAINS

Ingrowns strike when a hair curls back under the skin instead of sprouting through the follicle, resulting in an inflamed bump or, even worse, an infection. A pre-game warm-up is smart play: Dr. Benjamin Barankin at the Toronto Dermatology Centre suggests shaving in the shower since heat relaxes pores. Gliding in the direction of your hair's natural grain helps, too, though the shave won't be as close. Another option is an electric razor, or for an old-school gentleman's approach, reach for a shaving brush to apply your cream: the fibres will help flick the hairs up so they don't start growing under the skin, says Dr. Barankin.

LOSING YOUR COOL

Being plagued by the super-sweats (a.k.a. hyperhidrosis) is a killer for any dapper man's closet. “People with this have to change their shirts all the time,” says Dr. Rivers. Serious drippers can now find antiperspirants marketed as “clinical strength,” such as Gillette Clinical Clear Gel, made with molecules able to absorb into sweat valves *before* you start overheating. Or ask your doc about Botox: the wrinkle smoother is also used to block sweat glands. Administered to the pits, it can cost \$1,000 to \$2,000 (which may be partially covered by private health insurance) and effects last five to 12 months. Don't worry, your body will find other outlets to let off steam. “You're blocking a tiny fraction—two percent—of your body's surface area,” says Dr. Barankin.

GOT YOUR BACK?

Body acne—think: “bacne” and its down-south relative, “buttne”—tends to be of a heartier stock than the kind afflicting your face. “Acne on the back tends to be deeper, more chronic and more stubborn,” says Dr. Barankin. That said, the strategy is the same as for traditional zits: nab a cleanser with bacteria-killing benzoyl peroxide, such as Spectro AcneCare Wash, or a body wash with pore-declogging salicylic acid. Those with especially hard-to-treat cases may need to see a derm for a course of oral antibiotics.

NOT-SO-HOT FUZZ

Dandruff isn't limited to the scalp—it can also be the bane of your hipster beard. Technically called seborrheic dermatitis, this condition is thought to be exacerbated by over-active oil glands and is characterized by flaking, scaling, redness and itchiness. “When you shave every day, you're exfoliating and removing oils,” says Dr. Barankin. “Most people who wear a beard don't wash it as vigorously.” To treat it, you can use a dandruff shampoo such as Head & Shoulders on your face forest. Leave it on for 20 seconds max every other day, alternating with a gentle face wash. If that doesn't help, your derm can prescribe an anti-inflammatory lotion containing an anti-yeast ingredient. ☪

COSMETICS PICKS



MenScience Daily Body Wash, \$29, shopmasc.com; Dove Men+Care Pro-Moisture Shave Cream Sensitive, \$9; Gillette Clinical Clear Gel, \$9