

GOOD GROOMING

The Foundation to Beauty & Good Looks

1. BATHING. Bath or shower daily. Use a mild or moisturizing soap. Excessive soaping taxes the capacity of the oil glands and may produce dry, itchy, flaky skin. Apply body lotion right after towel drying, but while the skin is still damp. Once a week use a _____ or body scrub to rid body of dead skin cells for healthier looking skin. Keep facial cleanser in shower so that you're not tempted to use regular _____ on your face.

ITEMS NEEDED:

- | | |
|--------------------------|--------------------|
| 1. Long back brush | 4. Body Lotion |
| 2. Bath gel or mild soap | 5. Facial cleanser |
| 3. Loofah sponge | |

2. DEODORANTS AND ANTIPERSPIRANTS. Deodorants _____ odor. Antiperspirants stop _____. Sometimes it is helpful to change _____ occasionally.

3. REMOVING UNWANTED HAIR. Women should keep legs and underarms free of hair. _____ dark hair on arms and face, especially the upper lip. Shaving legs and underarms is the easiest and most cost effective way to stay smooth. Using a _____ helps prevent dryness. Waxing is more trouble but lasts longer. [Girls trim]

Men: Shave face. Use _____ water to prepare face and a shaving cream or foam. If in-grown hairs or breakouts are a problem, buy products that are fragrance free and/or non-comedogenic—also, shave in same direction that the hair grows. Some products specify that they are for "sensitive skin." Rinsing with _____ water will help close _____.

SUGGESTIONS:

- 1.
- 2.

4. A GREAT SMILE. Take good care of your teeth for a lifetime of nice SMILES. Sparkling clean teeth and fresh breath are a must for a well groomed man or woman. Be sure to brush your _____! Regular dental visits at least _____ times per year are a must. Cavities can cause chronic bad _____. If you have _____ teeth or an over- or underbite, see an _____.

5. SKIN CARE. Your face should be always be thoroughly cleansed before going to

_____. Follow a daily routine. Do not use _____ or other harsh products on your face. If you have problem skin or acne, see a dermatologist rather than self-treating with harsh "over the counter" products or expensive and possibly ineffective facials.

All skin types should moisturize, especially around the eyes. Always apply _____ before leaving the house! It will prevent sun damage and premature wrinkles. You will thank yourself later.

A recommended weekly facial routine includes:

- (a) Steam face: Boil water. Pour into another bowl (do not put face directly over pot of boiling water!!) Place towel over head and face 6-8 inches over steam for 3 minutes.
- (b) Exfoliate: Use a gentle exfoliating cleanser. There are many good ones on the market.
- (c) Mask: Use a homemade or store bought mask for your skin type: mud for oily, moisturizing, etc.
- (d) Toner: Avoid alcohol in your toner. It upsets the pH in your skin and causes it to over produce oil. Simple home toner: rice vinegar on a cold water cotton ball.
- (e) Moisturize. Make sure your moisturizer is "Non-Comedogenic." This means it is oil free, fragrance free and allergy tested.

SUGGESTIONS:

- 1.
- 2.

6. COLOGNES AND PERFUMES. It is fun to find the right _____ for your style and personality. To find the right scent, apply a sample and smell after 20 minutes. See if you "get compliments." Using essential oils is another beneficial option.

Scent types: Floral, Fruit, Vanilla, Spicy, Exotic, Modern, Fresh

7. BODY TATTOOS OR PIERCING. Tattoos can be permanent and the process to remove an unwanted tattoo is expensive and can still leave marks and scars. Your body is beautiful. Take much care and thought before choosing to permanently mark your body (I liken it to _____). Beyond one hole in each ear for women, tattooing and body piercing are usually not appropriate for men and women who choose to display grace and confidence.

8. MANICURE AND PEDICURE. Set aside one day per week for your manicure and every other week for a pedicure.

- a. Remove old polish with oily based (non-acetone) polish remover. Apply

white vinegar immediately after.

b. File nails with emery board.

i. File nail into an oval or square shape; file in one direction only.

ii. Do not file in a sawing motion or deep in the side of the nail.

iii. All nails should be about the same length.

c. Soak and scrub nails in warm soap or 3 drops of oil in warm water.

d. Apply cuticle remover (Sally Hansen) and push back cuticles gently with cotton wrapped around orange stick. Rinse and soak in vinegar.

e. Trim any hang nails.

f. Apply base coat--then two thin coats of polish and allow time to dry thoroughly.

g. Men: Buff for natural sheen.

PEDICURE. Soak feet for 15 minutes in warm soapy water, push back cuticles and cut toenails straight across.

9. GOOD GROOMING REQUIRES CARE AND THOUGHT. A HABIT IS ACQUIRED BY DOING IT SO REPEATEDLY THAT IT BECOMES AUTOMATIC.

1. Keep your clothes spotlessly cleaned and pressed.
2. Repair or treat any clothes that need attention (spots, loose buttons) Keep them separate.
3. Clothes should not be jammed together in closet. You can store out of season items. Organize your clothes in closet by color, outfit, or occasion.
4. Air your clothes before hanging back with others.
5. Plastic or padded hangers are best. Avoid wire hangers.
6. Wear clean underclothes daily. Remember they're underwear...please keep it that way. Watch bra straps, boxers.
7. Organize drawers and closets with shoe boxes, plastic stackables, etc.
8. Save yourself hassle of wrinkled clothing by hanging them up carefully after each wearing.
9. Shoes make or break an outfit. Make sure your shoes are in good condition, no scuffs or run down heels.
10. Organize your shoes neatly in closet with dust-free boxes or shelves.
11. A FULL LENGTH MIRROR is a must for a well-groomed man or woman. Check your outfit head to toe (and back side) before leaving the house.