

## **GROOM YOUR MAN!**

When it comes to grooming, women have it down to a science. But what about the man in your life?

Kyan Douglas, the grooming guru for "Queer Eye for the Straight Guy," stopped by *The Early Show* on Wednesday, April 8, 2009, to discuss how to have THE conversation with your man about grooming issues. He then addressed the key grooming tools every man should have!:

### **DO YOU THINK MOST MEN ARE EVEN CONCERNED OR REALIZE THEY NEED TO TAKE CARE OF THESE GROOMING ISSUES?**

With women, they have a sense of their appearance, some guys are all over it....very metro men are all about products.....but we're in the middle of a transition of what is appropriate for men and they're grooming habits ...men do care, but it's still a mixed bag of how far they take it with products and grooming. I always tell men that they don't want to ever look like they are neglectful of their appearance.

### **IS THERE EVER A GOOD TIME TO BROACH THE SUBJECT OF GROOMING WITH YOUR MAN?**

First of all, when you're in a relationship you have to remind yourself and your partner this is primarily coming from a place of loving your mate. No matter what, he has to feel there has to be unconditional acceptance and there has to be a tone of safety in your relationship before you can talk about something like this.

### **HOW DO YOU TELL YOUR MAN THAT HE REALLY NEEDS TO DO SOMETHING ABOUT HIS 1.NOSE HAIR, 2. EAR HAIR AND/OR 3. BODY HAIR OR WHATEVER IT IS THAT BOTHERS YOU ABOUT HIS GROOMING HABITS?**

The trick is to be really casual, say it in an offhand manner. Keep it to quick, casual comments. Don't make a big deal out of it saying, "look we need to talk.....about your nose hair:)".....if you say it more like-"have you ever thought about getting your back waxed?" in the middle of another conversation, it translates much better....i always tell women that guys do hear more than you think.

### **WHEN SHOULD YOU TALK ABOUT GROOMING ISSUES WITH YOUR MAN?**

#1 RULE...It's all about timing...don't talk about things like this in front of other people. This is not the time to take your microphone out at a wedding or something similar to discuss these issues.

### **WHAT IS THE LAST RESORT IF YOUR MAN DOESN'T GET THE HINTS OR DELIBERATE CONVERSATIONS YOU'VE TRIED TO HAVE WITH HIM ABOUT THE SUBJECT?**

Can we say stocking stuffers?:) or around Hannakuh? Men's grooming tools just happen to be the perfect size to fit in stockings around the holidays.

### **WAXING-WHAT IS YOUR TAKE-SHOULD MEN WAX HAIR IF THEY ARE OVERLY HAIRY ON THEIR BACK AND/OR CHEST?**

You know, it's totally a preference and we all remember the scene from 40 year old virgin where waxing just doesn't work. For lots of men, it just doesn't work if you're extremely hairy. You have to be realistic in the extremes you go to in your grooming. I actually don't encourage a lot of waxing, but if you are working with a unibrow or hair on your shoulders you might want to go to someone to get it taken care of, but make sure to go to someone who just won't go overboard on the waxing.

### **IS THERE AN ESSENTIAL GROOMING TOOL KIT THAT MEN SHOULD KNOW ABOUT?**

Well, I like to say that as most men have a hardware tool kit in their garage-they should also have a grooming tool kit that's in their bathroom made up of 4 essential items.

### **KYAN'S ESSENTIAL GROOMING TOOL KIT:**

Nose hair trimmer-Kyan's favorite is by a company called WAHL that specializes in tools of this sort

<http://www.wahl-store.com>

slanted tweezer-(to tweeze extra hairs on the outside of your ears, your brows or anywhere else there are random, stray hairs)-Kyan's favorite is Tweezerman

[www.tweezerman.com](http://www.tweezerman.com)

heavy duty clippers w/change guard attachments-to shave down body hair/Kyan's favorite is one made by Oster

[www.osterstyle.com](http://www.osterstyle.com)

Bliss ingrown hair eliminator pads-Kyan says that these are great not only for ingrown hairs, but they are great in helping to get rid of the blackheads on your nose and neck-they are made of Alpha-Hydroxy acids:

[www.blissworld.com](http://www.blissworld.com)-\$38