

GET A COOL START TO THE A.M.

Ideas to Help You Look and Feel Your Best Each Morning

(NAPSA)—If you find yourself running short on time and energy each morning, you might want to reconsider your morning routine. Studies show that men take about the same amount of time getting ready each morning as women—51 and 55 minutes respectively. Here are some easy tips for reorganizing your morning routine that will leave you feeling and looking more alive each morning.

• **Get Some Shut-Eye**—“If you already know you’re not a morning person, make sure you go to bed on time,” says Eric Spengler, skin care and shaving expert for Aqua Velva. “Don’t be a snooze button hound. It only puts off the inevitable.”

• **Get Organized**—Pick out your clothes the night before and press your clothes for a neat, crisp look. “When you look good, you feel good,” says Spengler.

• **Place Your Order**—Preset your coffeemaker if you like a cup of coffee while you’re getting ready each morning.

• **Get Your Juices Flowing**—If possible, take a shower in the morning versus the night before. Showering each morning helps wake up your body and helps get your mind going.

• **Morning Ritual**—Shaving the face and neck area each day exfoliates the top layers of skin on a regular basis, which keeps skin very youthful. It’s like a “minipeel” each morning. Whether you use a wet blade or an electric razor, there are ways to get the best results from shaving. “Wet blade users should shave after the shower when beard is soft and moist, plus use a lubricating shave gel and shave in the direction of hair growth,” advises Speng-



Looking and feeling refreshed each morning goes a long way professionally and personally. The guy who comes to work looking refreshed and smelling great hardly goes unnoticed.

ler. “Electric razor users should use a pre-shave, like Letric Shave Electric Razor Pre-shave, which will help hairs stand up for a closer, smoother shave, and shave against the grain,” adds Spengler. “To help avoid irritation, shave areas of your face that are most sensitive first, such as the neck area, followed by tougher areas around the ears, nose and mouth.”

• **Fresh, Cool Start**—According to the new Aqua Velva “What’s Cooler” survey, 73 percent of the ladies indicated that “a guy who wears cologne or aftershave” is cooler than a guy who wears no scent at all. To get a cool start each morning, complete your routine with an aftershave such as new Aqua Velva Ice Balm with a clean, fresh scent.

• **Inside Out**—As tempting as it may be, don’t skip breakfast. Eating a healthy breakfast regularly will radiate on the outside. The old saying “you are what you eat” still rings true.

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