



Reader's digest

6 Men's Toiletries Women Should Steal (and 1 They Definitely Shouldn't) JESSICA MIGALA—JULY 6, 2016

Steal: Men's nose hair clippers



No woman likes to admit her nose hair is a problem. "Women often find hair growing in places where it didn't before," explains board certified plastic surgeon Anthony Youn, MD, FACS, author of *The Age Fix*. One possible culprit: hormonal changes during menopause. In fact, 39 percent of postmenopausal women in a 2011 study in the *British Journal of Dermatology* reported extra facial fuzz. Nose hair clippers are an easy way to take care of business. These are other early signs

of menopause you might be overlooking. Here's a fascinating look at why beauty products, nail salons, and even dry cleaning cost more for women than for men.

Steal: Men's lip balm



Good news all around: "It tends to be less expensive, fragrance-free, gentle, and moisturizing," says Marina Peredo, MD, an associate clinical professor of dermatology at Mount Sinai Hospital in New York City. In other words: everything that you've ever wanted in a lip balm.



Steal: Shaving cream



No need to grab one of the pretty pink bottles. “The main ingredients found in most shaving creams for men and women are the same,” says Amy Perlmutter, MD, a board certified dermatologist with New York Dermatology Group. The difference? Scent, texture, and price. “If you find a men’s shaving cream that’s appealing to you—and many come in more neutral scents—there’s no reason not to try it,” she says.

Steal: Men’s deodorant



Fact: Everyone sweats. And if you find women’s deodorants lacking in pit stain protection, Ava Shamban, MD, a Beverly Hills dermatologist and author of *Heal Your Skin*, recommends grabbing Mitchum unscented antiperspirant & deodorant. (Buy it in an invisible roll-on formula or a gel, which stays active for 48 hours.) “An extra-strength formula, it’s more effective than anything for the ladies and great for summer sundresses,” she says. This is what your sweat can reveal about your health.

Steal: Men’s razors



If it’s good enough for a guy’s face, it’s good enough for your legs. Dr. Perlmutter explains the difference: Women’s razor heads are larger and more oval, allowing you to shave large surface areas quickly. They also tend to have scented moisturizing strips. Men’s razors, on the other hand, have smaller heads and tightly spaced blades for a closer shave to remove thick, coarse facial hair. “If you have thicker leg hair or a sensitivity to fragrances, you might consider trying men’s razors,” she says. Need a



recommendation? Dr. Peredo loves the Bump Fighter Disposable Razors for preventing ingrown hairs on legs and the bikini area. But remember, always use a new razor, she warns. Borrowing a blade or razor from someone opens you up to the possibility of infection.

Steal: Men's body moisturizers



While developed with similar formulas as women's body lotions, men's moisturizers tend to be less expensive, says Dr. Peredo. She suggests looking for unscented products. A couple options: Vaseline Men Healing Moisture Fragrance Free Lotion or Lubriderm Men's 3-in-1 Fragrance-Free Lotion. Here's how to take a shower that moisturizes your skin.

Skip: Men's rogain



Think twice before you swipe your husband's box. "Although millions of women suffer from thinning hair, this would be a big mistake," says Dr. Youn. "Men's Rogaine is too potent for women and could cause side effects," he says. (Redness, irritation, and headaches are a few possible side effects.) Forty percent of people with hair loss are women—so there's no shame in seeking help. Women's Rogaine is lower strength and thus a safer but still effective option. These are sneaky reasons

your hair is falling out—and what you can do to grow healthy hair again.

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