

THE GROOMING GAME

— with Dino Dilio



→ There are basically two places for men to go for a hair cut, colour and, in some cases, full grooming services above and below the neck: the barber shop and the salon.

The barber shop is my personal choice over the salon because it's quick, efficient and relatively inexpensive, starting at \$15.

Many barbers are true wizards, expertly using different length clippers, razors and scissors to cut, chisel and coif your hair into a classic or contemporary style, crewcut, flattop, Mohawk or unique carved "works of art" in under 15 minutes. As a bonus, the good ones will trim unruly eye-

Church St), went to both schools and says he learned more on the job than in school. Hair stylists I work with say it all comes down to whom you really want to do hair on. They all agree there's more money to be made with women. Colouring hair alone can run into triple digits, with maintenance as high as cellphone fees.

While barbers are cheaper, note that a cut with a clipper gives a harder line that grows out faster than cuts done with scissors and comb.

What it comes down to is the experience. Does the quick in-and-out, old-fashioned, no-frills chop shop work for you? Or are you more into a leisurely upscale spa/salon with a Zen groove, herbal teas and water features.

The more recent men-only boutique spas and stores like Terme (120 Carlton St, #219) GotStyle (62 Bathurst St) and Metro (91 Scollard St) have increased the options alongside Mankind Grooming Studio (477 Richmond St W) and the well-touted Monsieur Barber Shop and Spa (415 Bloor St W).

A good hair cut can make you feel good all over. Do yourself proud and get one.

"A CUT WITH A CLIPPER GIVES A HARDER LINE THAT GROWS OUT FASTER THAN CUTS DONE WITH SCISSORS AND COMB."

brows, clear away unsightly ear-hair tumbleweeds and complete the deal with a hot shave that highlights your new lid. Beard trimming and shaves are a few dollars more.

A hair stylist — the term hair dresser is very passé — works in a salon and spa, servicing both women and men. Location usually sets the price. Expect to pay \$25 and up for a cut, more for colour, in uptown or downtown Toronto. It's important to know whether a stylist can cut men's hair; many say they can but don't deliver. Most hair styling training is about women's hair while barbering courses seem to be dying out.

My barber, Yen at Ho's Place (509

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