

THE GROOMING GAME

— with Dino Dilio



→ **Manscaping:** While on vacation recently, I was sitting by the pool secretly gazing at men behind my dark sunglasses. The display of bodies was interesting, especially the furry wet ones. Going into and coming out of the pool was like watching a make-over show in reverse. Thus the subject for this column.

Manscaping is the modern term for grooming and removal of unwanted body hair — anywhere. It's something most of our fathers never taught us but athletes, body builders, dancers and actors have been doing for longer than anyone wants to say. Esthetically it can be just as effective as a good hair cut. Done correctly it improves physical appearance — wet and dry — cleverly minimizing areas while emphasizing others (including the sexy kind). Trees always look bigger when there's no underbrush.

Just as women use makeup, men use facial and body hair to express themselves. Back hair always seems to be the first to go followed by the torso and bum. Underarms, legs and the crotch are often trimmed, but going too far runs the risk of looking too pre-pubescent.

The basic approaches are trimming with clippers, shaving and waxing. Permanent options include electrolysis and laser hair removal. From Tom Ford to the Brazilian, the choice is yours.

Clipping hair is a good first step to manscaping because clippers cut the length of hair in accordance to the size of the attachment. Most clippers range from super short combs that give the four-day scruffy rugged look to attachments that leave behind longer lengths of hair for fuller, denser beards and mustaches à la the late Billy Mays, Oxi Clean guy. It all depends on how much hair you want to clip

off and where. In most cases you will use a couple of attachments and methods for different parts of the face and body. Start with clean dry hair and use the longer attachments first until you find the one that gives the best effect. Be sure to make time for this as rushing through can be painful both physically and esthetically.

Shaving body hair isn't any different than shaving your face except that there are more sensitive nooks and crannies that require careful maneuvering. Choosing to shave means you want the hair completely off. Begin by clipping the hair down to the surface. Shower or bath to cleanse and soften skin. Apply your usual shave gel/cream. Let it sit for a minute. Shave in the direction of the hair growth. Hold the more flexible areas taut at different angles to ensure safe shaving. Rinse both sides of blade regularly. Rinse, pat dry and apply a body lotion to hydrate and soothe the goods.

Waxing is truly for the brave. Done hot or cold, waxing removes hairs longer than 1/8 inches completely, quickly and in most cases painfully. You must have a high pain tolerance for this approach. This service should be done by a professional as I have never heard of a successful home job. Do your homework and research a professional thoroughly. References are always your best bet.

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