Salon secrets

With Father's Day on 21 June, here's some top grooming tips for the man in your life

WORDS BY: FIONA RUSSELL AND SARAH STURT

Prevent ingrown hairs

Ingrown hairs occur when hairs grow back on themselves after shaving, forming a painful and unsightly bump.

Especially common in Afro-Caribbean skin because of the natural curliness of the hairs, help prevent them by exfoliating your skin regularly with a face scrub.

Opt for an electric shaver or a single-blade razor such as Taylor of Old Bond Street's Original Safety Razor, rather than one with multiple blades, www.tayloroldbondst.co.uk. This stops you shaving too closely, preventing hairs becoming trapped below the skin's surface, leading to ingrown hairs.

Finally, round off your shave by applying a product like Anthony Logistics Ingrown Hair Treatment, which contains glycolic and salicylic acids to help dislodge dead cells and keep hair follicles fully functional, anthony.com/ingrown-hair-treatment.

Dry facial skin

If your face is dry, then look for facial moisturisers containing hyaluronic acid, such as Nuxe Men Moisturising Multi-Purpose Gel or Recipe for Men Facial Moisturiser, as this particular ingredient helps attract and bind moisture to the skin, https://uk.nuxe.com/nuxe-men.

Avoid scorching showers as hot water draws essential moisture away from skin.

Hair care: greasy

A lot of guys with greasy hair make the mistake of over-washing it with harsh shampoo and bucket loads of hot water.

However, anything that strips the hair of too much oil will only stimulate the scalp to produce more to compensate.

Try washing hair with a shampoo such as Kerastase Specifique, www.kerastase.co.uk/scalp-hair-care/specifique, it's designed to remove excess grease but not strip the scalp of healthy oils. If hair is very greasy, apply to dry hair and massage in before adding water.

Opt for a lightweight conditioner such as Unite conditioner and only use a small amount, applying to the ends of the hair.

Since both heat and friction stimulate oil production, always blow dry on a cool setting and avoid fiddling with your hair too much or over-combing when styling.

Affordable moisturiser with SPF

Most of us are aware of damage the sun's rays do the skin: but what's not often appreciated is that skin is under UV assault all year round, which is why a moisturiser with a built-in sunscreen is a daily essential.

Although they are often pricey, affordable versions under £10 include Gillette Series Instant Moisturiser SPF15, Boots Botanic Anti-Ageing Moisturiser and Bulldog skincare for Men's Protective Moisturiser.

Facial hair

Attitudes towards beards have changed as their popularity has grown. Daily upkeep should include keeping your beard clean and fresh with a face wash or shampoo.

To ensure your facial fuzz is soft and conditioned, apply fragranced beard oil such as Tom Ford Conditioning Beard Oil (House of Fraser and Debenhams) or Beardbrand Four Vices Beard Oil, www.beardbrand.com/collections/beard-oil. Apply straight after showering while your pores are still open.

Sarah loves ...

If your chap is into his motors, then he's going to love the Ferrari Essence Collection, an elegant ode to the Ferrari Gran Turismo spirit. This anthology of four luxury scents offers high-end, yet extremely wearable fragrances for varied noses. Leather Essence and Essence Oud are more heavy, sophisticated scents, whereas Cedar Essence and Essence Musk offer more zingy, fresh compositions. **The collection is currently available at Fenwick, Canterbury, 100ml is £79.**

Keep a jar of Pommade Divine on the bathroom shelf and apply daily for kitten-soft hands, feet and lips – your Other Half will appreciate it! Makes a very good rub too and one jar lasts for months. Perfect for all the family, not just Dad. **Available at both Canterbury and Tunbridge Wells branches of Fenwick, £20**

Got a question?

If you need advice, email Fiona at: **info@mcqueenhairandbeauty.com** (Please put *Kent Life* in the subject line) or on twitter: @Mcqueen_Salon www.mcqueenhairandbeauty.com