

Natural Skincare for Men

By: Jenn Rice

Find out what you should (and shouldn't) be using in your personal care products

Picking good-for-your-skin ingredients when it comes to men's skincare products can be a challenging task. With misleading labels and a plethora of different options to choose from, it's hard to know what you should—or better yet, shouldn't—be using. But thanks to Gabrielle Francis, ND, author of *The Rockstar Remedy*, you'll never have to second guess yourself when perusing the aisles for everyday essentials like natural shaving cream, body wash, aftershave, or lotion.

Good enough to eat

To ensure that you're taking the best possible care of your skin, seek out natural products whenever possible. "The skin is the largest organ of the body, and whatever is put on the skin gets absorbed directly into the bloodstream," notes Francis. "Therefore, products for the skin should be organic and natural. They should be good enough to eat."

Did you know...

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What to avoid

However, just because a label reads “natural” or “all-natural” doesn’t necessarily mean that it is, in fact, completely natural. To ensure the skincare products you’re purchasing do, in fact, include all-natural ingredients, thoroughly scan each product label’s list of ingredients and steer clear of hydrogenated oils, petrolatum, mineral oil, and parabens. Seeing any of these on a label is a telltale sign that your products are chock-full of toxic chemicals, regardless of what the label may claim.

What to look for

What should be in your skincare products? Francis recommends seeking out products that use organic nut and seed oils such as argan oil, coconut oil, sunflower oil, baobab oil, shea butter, hemp seed, pomegranate seed oil, and rosehip oil. “Nut and seed oils are high in essential fatty acids such as omega-3s and omega-6s, which improve skin integrity, youthfulness, and moisture,” she says. These oils also provide lubrication in shaving products and help to soften facial hair. “They should be organic, since the oils and fats retain a lot of pesticides and heavy metals. If they are organic, then you don’t have to worry about the toxicity.”

What’s on the inside counts, too

Francis also advocates collagen supplements when it comes to healthy skin for men. “Collagen supplements improve the integrity and structure of the skin’s architecture,” says Francis. Other positive benefits include an increase in hair and skin growth, a decrease in wrinkles, and improved skin elasticity. “It also helps to lubricate the joints and it builds the connective tissue, which helps arthritis and joint health.” And while there are many different types of collagen supplements, Francis suggests choosing a supplement crafted from an organic, grass-fed beef source. “Grass-fed is the most natural and organic source,” she says. “It is the most similar to human collagen.”

The Right Stuff

Make the switch to natural skin care products with this product guide—we’ve highlighted active ingredients to simplify your shopping.