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## **GROOMING SECRETS FOR MEN OVER 40**

### **How To Look And Feel Your Best In Your 40's, 50's and Beyond**

Written by: David Scott Bartky - with a Q&A by Dr. Vincent Pedre  
Grooming Secrets: For Men Over 40

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Congratulations! I applaud you for wanting to look your best in your 40's, 50's and beyond, and this e-book will inform you on how to do that.

As the author of the original *Grooming Secrets For Men* (which can be found *Grooming Secrets: For Men Over 40* at [www.thestylishman.com](http://www.thestylishman.com)), I know that men want to know what to do to look their personal best because it has sold all over the world.

It then came to mind that once I was in my 40's, I *Grooming Secrets: For Men Over 40* added *Grooming Secrets: For Men Over 40* many steps to my skin care routine which made a huge difference in my appearance. As a result, I wanted to share that information with other men over 40 so they can look their best too.

Even if you have been taking care of your skin in your 20's and 30's like I *Grooming Secrets: For Men Over 40* had been, there are some additions to your skincare routine that are vital to keeping you looking your best. I believe that when you do something positive for yourself, like taking a little bit of time each day to look your best, you also feel your best.

Since you're reading this, I assume that you are someone who is in their 40's, 50's, or beyond. I'm so glad you found this e-book because this may be the most important time of your life to take care of your skin. As we age, the skin tends to become less hydrated and as a result, you can actually feel your *Grooming Secrets: For Men Over 40* skin start to get rough, and wrinkles start to show up. Even the area around your eyes will start to look older. Crow's feet become deeper, and under your eyes can start to get puffy.

When you're younger, *Grooming Secrets: For Men Over 40* your skin naturally stays more hydrated so you don't necessarily need to use extra products to keep it looking good. I always think that it's funny when skin care companies use young models to show how good their products work. Of course they look like it works, they're young and naturally have better looking skin than those of us over 40.

As the *Grooming Secrets: For Men Over 40* years go by we will all age and look older regardless of how we take care of our skin, but the good news is that there's a huge difference in how someone looks if they do take care of it. Those who do take care of their skin will definitely look better. *Grooming Secrets: For Men Over 40* The goal for me is to know that I'm doing the all that I can to look my personal best, regardless of what age I am.

For example, I'm over 40 and I had a very interesting experience regarding my age. Recently I went to a casino and the guard at the entrance asked to see my ID! She couldn't believe my age compared to how I looked. That experience confirmed for me that my morning and evening skin care routine are definitely working. I will share that routine with you including all the products I use.

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Before I go into the particulars, I want to stress to try to use only organic skin care products. I think this is very important because what you put on your skin absorbs into your system. Most skincare products Grooming Secrets: For Men Over 40 have a lot of chemicals in them. I know that I don't want those chemicals in my body every day, so I choose to use organic products. Grooming Secrets: For Men Over 40 The Grooming Secrets: For Men Over 40 good news is that we are actually lucky in this day and age because there are a lot of organic skin care choices compared to years ago.

I will also let you know the exact products I use in case you want to give them a try, which I suggest you do. Since they work great for me, they could work for you as well. However, if you Grooming Secrets: For Men Over 40 do try them, or any product, and you don't think they're working for you, return them and try another brand. Eventually you will find the right combination of products that work for you. The products I recommend can all be found on Amazon.com, and are very reasonably priced. I have tried products that were very expensive, but I find the products I'm recommending in this e-book work better.

What follows is my skin care routine that I do every day. Based on my experience, I'm sure you'll be happy with the results.

All the steps that follow may seem like a lot to do in the morning, but once you get used it, it really only takes a few minutes. I will describe my routine as if I'm doing it, so you can get the full explanation so when you try it you'll know exactly what to do.

Even though I mention the products I use for each step of the routine, to make it easy for you I will make a shopping list for you at the end of the book so you can refer to the list without having to go back to each section to find out what products to use.

### Morning Routine

#### **Cleansing The Skin:**

Grooming Secrets: For Men Over 40

In the morning, I'm someone who likes to shave before I shower. (If you're someone who Grooming Secrets: For Men Over 40 likes to shave after you shower, follow this "Cleansing The Skin" section before you shower). After shaving I wet my face with lukewarm water. Then I wet my hands with water and I apply a few drops of **organic handcrafted facial wash by Christina Moss Natural** to my slightly damp hands. I gently rub my hands together so the facial wash forms a thick lather. Then I apply the lather in circular motions all over my face and neck.

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## Grooming Secrets For Men Over 40

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