

Men's grooming: Top 10 aftershave balms

March 11, 2010 by [George Walker](#)



We guys may try and act rough and tough, but our skin gets put through its paces on a regular basis, making it vital that our sensitive chins and cheeks get a bit of TLC. Instead of calling them moisturisers or creams we'll probably call them 'hydrators', but don't mistake our lingo for ignorance- we know our products well. [George Walker](#) counts down his Top 10 moisturisers/ aftershave balms/ hydrators (or whatever else you want to call them!)

Men's skin is thicker, oilier and slower to age than women's skin (sorry ladies, but it's true!) Even though our skin is thicker, however, the daily routine of shaving and other lifestyle and environmental factors can mean that us guys need products to soothe the skin in times of stress. Many companies have come up with 'manly' names for male moisturisers, but the term 'aftershave balm'

is an important distinction: Skin cells and essential natural oils are stripped from the skin when we shave so it's important to have a cream that can rebalance the skin's protective layer.

These 10 aftershave balms moisturise the skin with natural and organic ingredients that soothe, balance and boost men's skin.

1. Weleda Aftershave Balm, £11.95 for 100ml

Loved by models and celebrities alike, Weleda skincare is a luxurious organic skincare range that comes with an affordable price tag. With its bright blue glass bottle and minimal look, this aftershave balm says serious business. Luckily, it lives up to the look with a light feel that combines soothing aloe vera and jojoba oil. Jojoba oil is great to use on the face and body because of its soothing properties- it's the nearest oil to the protective oils our own skin produces.

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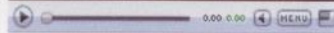
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8. Green People, 'Organic Homme Skin Guard Face Defence Lotion Spf15', £15.95 for 50ml

This certified organic moisturiser is perfect for older or more sensitive skin types. Unfortunately many moisturisers still don't have sun protection factors, mainly due to the costs involved in producing and testing a product to the official standards. This moisturiser does have that all important spf however, so you can be sure the sun's rays won't speed up the ageing process as you head out for the day.

With green tea and lemongrass, this is a refreshing and indulgent balm that gives your face a real treat after shaving.

Available from the [Green People online shop](#).

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« Previous page 1 2 3 4 5 6 7 8 9 10 » Next page

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