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JOE WEIDER'S

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START THE DAY IN A STATE OF UNRUFFLED CLEANLINESS



» Spending hours in the gym trying to fine-tune your physique only to leave your face to cheap grooming products is like painting your house and never mowing the lawn. Don't hazard your face to chance; use products that work for you.

1) The Art of Shaving Pre-Shave Oil If your facial hair grows in like a Brillo pad, and ingrown hairs and razor burn are a pox on your morning routine, try a pre-shave oil for calming lubrication. 2 oz., \$22; theartofshaving.com

2) Organic Grooming Aloe Shave Cream Organic is just the beginning. This aloe-based cream is also 100% vegan, comes in a recyclable package and doesn't use dyes or alcohol. Peppermint and lavender help provide a smooth shave and a mild post-shave scent. 6.7 oz., \$12

3) Woody's Foaming Shave Gel Best for those dry-skin days when a dollop of shave gel laced with shea butter, vitamins and antioxidants can save you from epidermal heartbreak. It lathers into a rich foam for unimpeded whisker-whacking. 5 oz., \$14

4) American Crew Post-Shave Cooling Lotion When all is shaved and smooth, top your grooming session with a little lotion and aftershave to help your skin recover from razor abuse and prevent inflammation. 4.2 oz., \$13

5) Gillette Fusion MVP Advanced shaving technology doesn't advance much beyond the MVP. The vibrating head has five blades that glide over hill and dale with alacrity and nary a nick. You get the shave you expect. \$9; gillette.com