

BACK, SACK AND CRACK

Take it off. Take it all off. *By Lisa Sim*

The "Back, Sack and Crack" is everywhere these days, thanks in no small part to celebrity pretty boy David Beckham, the quintessential metrosexual. Its modern advent has taken the Brazilian to a whole new level: The "Boyzilian." Shaving of the male "nether" regions has been practiced since ancient times in Rome, the Middle East, Japan, China, India and North Africa, except that back then they didn't have terms like "peach-to-nectarine," "ABC" (ass-ball-connector), and "manscaping" to describe boys' predilection for going pubis-free.

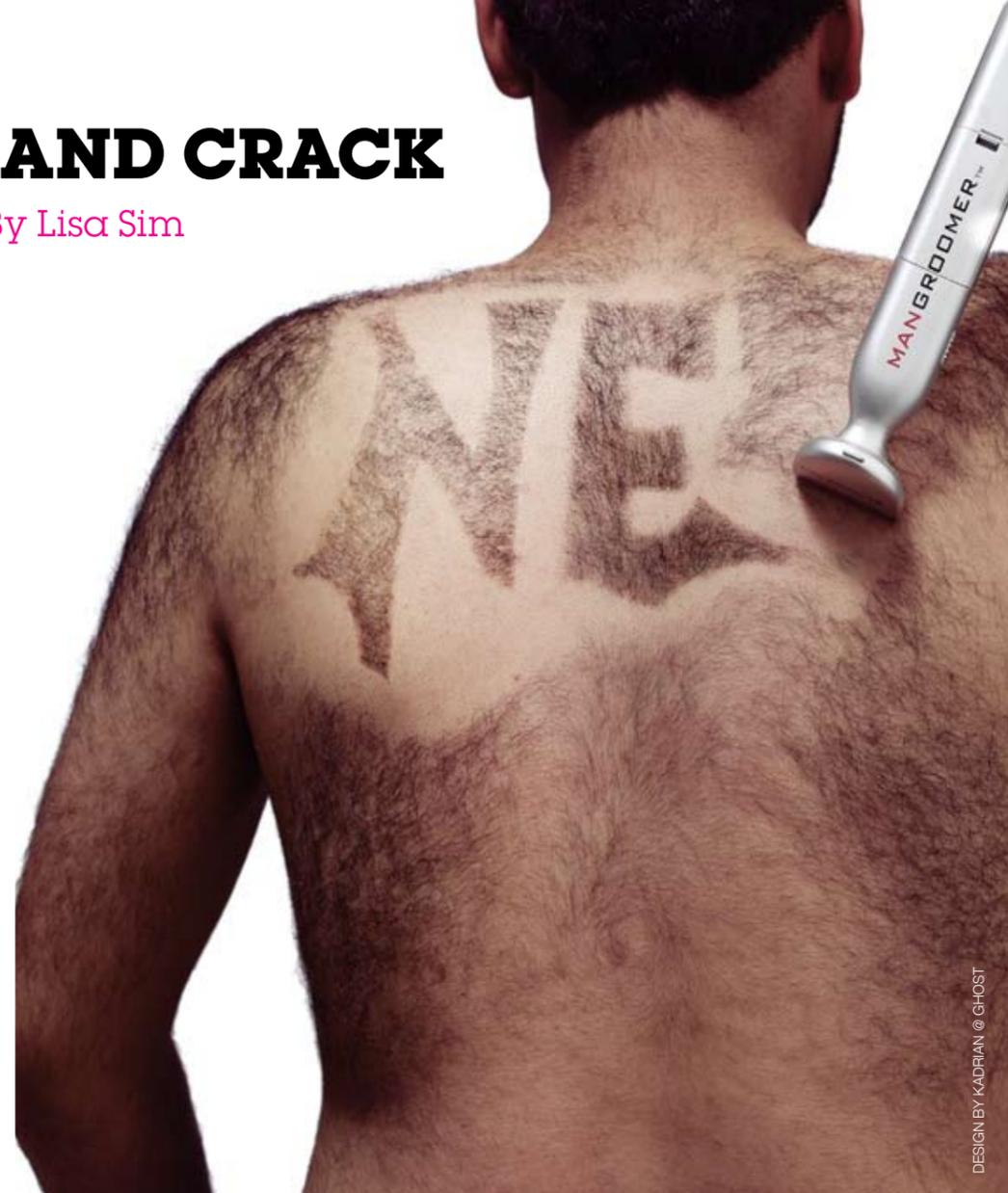
The upside of hair removal is that most proponents feel "fresher" and find it more attractive or convenient (the latter mostly applying to the adult film industry). The removal of excess hair can also make certain activities more comfortable or easier — imagine a hairy beast on the high-dive platform; how aerodynamic can that be? On a related topic, bacteria and other odour-causing stuff can't get caught in your hair if you don't have any! The downside of temporary hair removal is the upkeep, which means shaving every few days or waxing every 4-6 weeks, if you can handle the discomfort and itchiness of the "grow-out" phase. Razor bumps, ingrown hairs, nicks and cuts in that neck of the woods can be a real issue, especially if you use an old school razor.

ELECTRIC SHAVING FOR THE NEWBIE

Electric shavers are a fast-growing segment of the body-grooming tool repertoire.

There's no excuse for using a rusty old razor "down there" when we have the technology to trim, shave and style to our hearts content!

With an electric shaver there's no need for traditional shaving cream but one should first trim down the thicket before using an electric shaver. Exfoliate dead skin cells first to prep the skin before shaving — an exfoliating body wash on a face cloth will do the trick. The thinner skin prevents hair from growing sideways and causing painful ingrown hairs while providing a smoother shave. Start by snipping off excess hair to about a quarter



DESIGN BY KADRIAN © GHOST

inch with a pair a small scissors or one of the trimmer attachments included in the kit. Wear it like that for a few days to get used to the sensation. It will definitely feel cooler, and you won't have to worry about stray hairs poking through your shirt or out from under your shorts. You might find that trimming the hedge short, even and neat versus full shaving or waxing will be enough, if you're not feeling the bald eagle look. Soon you'll be able to do designs and patterns in your coif if that's how you roll.

If it's your first time "down there," don't shave too often — once a week for the first month is probably best, so your skin can get used to it. And don't worry about getting a super-close shave the first few times; with experimentation you will find

how to best handle your goods to get that smooth shave you desire.

While shaving, sit with your legs far apart to keep the skin taut. This lessens the chance of the shaver snagging any loose skin. Put a little dry lubricant (powder) down first on the area to be shaved, so the shaver glides easier. If there is irritation or itchiness, wear loose underwear and clothing. Don't use any products like body wash or lotion for the first few washes after shaving or waxing to prevent pimples and bumps. To reduce friction afterwards, use a moisture-absorbing powder. Finally, always remember to keep clean; back when we were cavemen, pubic hair helped protect the skin from dirt, bacteria and woolly mammoth VD, so stay sanitary, kids.



1 PETER THOMAS ROTH BLEMISH BUFFING BEADS BODY WASH

Use these fresh-scented buffing beads to combat acne and ingrowns without overdrying or irritating the skin. Oil-absorbers and 1% salicylic acid help loosen sebum within the pores, clearing up blemishes and preventing future breakouts. Skin gets nourished with vitamins A, C and E and ProVitamin B5. TIP— Do a pre-shower scrub with this! **(22 USD)**

2 PFB VANISH

PFB Vanish is a unique, cosmetically elegant roll-on gel formulated to relieve irritation associated with hair removal. It eliminates ingrown hairs, razor burn/bumps resulting from waxing, shaving, electrolysis, tweezing and laser hair removal. PFB Vanish comes in a convenient roll-on applicator. Results are seen 24-48 hours after application. **(19.95 USD)**

3 MAN GROOMER

This is a D.I.Y Electric Back Hair Shaver that comes with a telescopic and bendable handle to reach all the areas of your back you don't want anyone else to go. The Man Groomer is lightweight and compact and a fraction of the cost of waxing and laser. It's pretty convenient if you don't have a lot to maintain. **(39.95 USD)**

4 PHILIP'S BODY GROOMER

The all-in-one body-grooming system, exclusively for men, trims and shaves all body

zones safely and easily using a foil that protects against nicks and cuts. It's 100-percent waterproof, thus perfect in or out of the shower. The three different comb lengths have been designed to let you trim in any direction. Depending on how much you got, and it can operate for up to 50 minutes. **(\$59.95)**

5 BALLA POWDER

The only talc specifically formulated for men's hygiene, Balla is recommended for use in the most sensitive areas on the male body — it's the ideal anti-chafing and anti-wetness solution while working out or just trying to get through the day without the dreaded batwing syndrome. Use before electric shaving for better glide and to reduce tugging. Great for underarms, feet and buttocks as well. Fragrance-Free and Tingle versions coming for Fall 2007. **(\$19)**

6 ART OF SHAVING: NIGHT CREAM FOR INGROWN HAIRS & STYPTIC PEN

The Art of Shaving Ingrown Hair Night cream accelerates the relief of ingrown hairs and razor bumps. The unrefined African shea butter softens the skin, allowing ingrown hairs to break free, as jojoba oil moisturizes and unclogs pores. White willow bark and meadowsweet extract gently exfoliate and release the trapped hair. Essential oils reduce inflammation and botanical extracts improve skin texture. **(\$60)**
Alum, a natural mineral found in Europe

and used by the Egyptians more than 4000 years ago, is a shaving essential for any well-groomed man. Its antiseptic properties calm razor burn and soothe irritations, and help stop bleeding in the event of a nick or cut. Use the Styptic Pen on areas that are prone to oiliness. **(\$15)**

7 SEIKO S-YARD CLEANCUT

The Japanese Cleancut Electric Shaver is sleek and compact with a curved foil head, which is sensible considering the area you're shaving. The Cleancut only shaves hair that is stubble-length (like a 5 o'clock shadow). Use the Noxema Razor with its "protruding comb" design to prevent nicks and to get your hair stubble-length. The kit also includes a cornstarch-based dry lubricant to use with the Cleancut. **(\$59.95 USD)**

8 TWEEZERMEN INGROWN HAIR/SPLINTER TWEEZER

Featuring ultra-sharp, perfectly aligned elongated tips, the Ingrown Hair/Splinter Tweezer is able to reach under the skin to pull out painful splinters, unsightly ingrown hairs and pesky stubble. Made of surgical quality stainless steel, it gives you perfect grooming balance for unparalleled accuracy. To remove splinters or ingrown hairs, be sure to clean the affected area with a scrub or cleanser and warm water and sterilize tweezers in alcohol to ensure a clean and safe removal. **(\$20)**