

Men: here are ways to healthier, younger-looking skin

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(HealthDay)—Many men don't think about skin care but they should, a

dermatologist says.

The first step is to understand your skin type, according to Dr. Anthony Rossi.

Sensitive skin may sting or burn after product use. Normal skin is clear and not sensitive. Dry skin is flaky, itchy or rough. Oily skin is shiny and greasy, and combination skin is dry in some places and oily in others, Rossi explained.

"Understanding your skin type will help you learn how to take care of your skin and select [skin care products](#) that are right for you," Rossi said in an American Academy of Dermatology news release.

Rossi is assistant professor of dermatology at Memorial Sloan Kettering Cancer Center and Weill Cornell Medical College, both in New York City

If you're prone to acne, choose cleansers and moisturizers that are "oil-free" or "noncomedogenic," which means they won't clog your pores. If you have [sensitive skin](#), use mild, "fragrance-free" products to prevent irritation and dryness. Beware of products labeled "unscented" because some contain masking fragrances that can still irritate your skin, Rossi said.

Wash your face with a mild facial cleanser and lukewarm water daily and after exercise, he advised.

If you get razor bumps, razor burns or ingrown hairs when using multi-blade razors, switch to a single- or double-blade razor and do not stretch your skin taut while shaving. Before you shave, wet your skin and facial hair to soften it. Use a moisturizing shaving cream and shave in the direction of hair growth. Rinse after each swipe of the razor, and change

your blade after five to seven shaves.

Moisturize daily and check skin regularly for new spots or moles that itch, bleed or change color. These are often early warning signs of skin cancer. If you notice any suspicious spots, see a dermatologist, Rossi said.

Wear sunscreen whenever you're outdoors. Apply to all exposed areas, including scalp, ears and neck. The best choice of sunscreen is broad-spectrum and water-resistant with an SPF of 30 or higher. Reapply every two hours or immediately after swimming or sweating.

Other steps to protect your [skin](#) include seeking shade and wearing protective clothing, UV-protection sunglasses and wide-brimmed hats, Rossi recommended.

More information: The U.S. National Institute on Aging offers advice about [skin care and aging](#).

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